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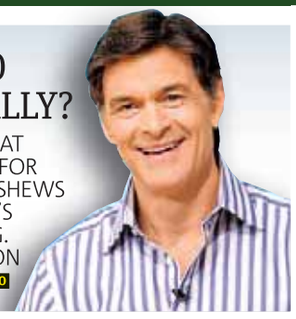

DOCTOR WHO ARE YOU REALLY?

DR. MEHMET OZ IS UP AT THE CRACK OF DAWN FOR YOGA, SNACKS ON CASHEWS AND PRAISES HIS WIFE'S VEGETARIAN COOKING. THIS RAISES A QUESTION — IS HE HUMAN? PAGE 20

Thefts at drugstores raise concern

Ontario Pharmacists' Association is calling for action after a rash of violent robberies by addicts PAGE 3

Lights burning, A/C blasting

West-end residents without power are bitter about 'meat-locker syndrome,' which is Hydro Toronto's term for offices that are kept too cold PAGE 4

It's Suno's time to shine

Design duo behind fashion brand Suno talk about winning a coveted award and how they hope it will help their business PAGE 26

NEWS WORTH SHARING.

Child's death shuts down daycare

Toronto toddler's identity not revealed. Unlicensed home daycare failed a health inspection, officials say

Paramedics racing to a two-storey brick house in Vaughan early Monday evening arrived to find a lifeless toddler in a bustling, unlicensed home daycare.

Efforts to revive the two-year-old were unsuccessful. The child was declared dead at the scene.

Now the York Regional Police homicide unit is investigating the death, while the daycare has since failed a health inspection and been shut down for hosting too many kids.

When officials arrived Monday, there were 27 children at the house, according to Toronto and York Region health officials. York police were forced to bring in city buses to clear children from the scene at the end of a cul-de-sac.

The cause of death has yet to be determined, and no charges or arrests have been made.

"Any death of a child under five, our homicide detectives are involved," York police Insp. Greg Harper said. "That's just procedure."

Authorities, meanwhile, are withholding the identity and gender of the dead two-year-old while an autopsy continues in Brampton.

Paramedics were called to the daycare at 343 Yellowood Circle — near Dufferin Street and Highway 407 — early Monday evening, said York Region Community and Health Services representative Colleen Gareau. The toddler lived in Toronto, she said.

When a coroner arrived at the house Monday, an order was issued to shut down the centre. Unlicensed daycares must not take in more than five children under the age of 10 who aren't members of the operator's family, according to the Day Nurseries Act.

"That kind of tipped us, like, 'Oh, my gosh, we should look at this,'" Gareau said.

It is not known whether all the children were attending the daycare.

A previous complaint about the number of kids at the centre was made last November, which prompted the Ministry of Education to order the operator to follow regulations after officials found seven children on the premises.

It's entirely legal to run a daycare without a licence in the province, which considers such centres to be private arrangements between parents and caregivers, according to the Ministry of Education.

Unlicensed daycare operators who look after more than five unrelated children under 10 can be fined up to $2,000 for each day that they break the rules. They can also face up to a year in jail.

The Yellowood Circle property is owned by Olena Panfilova and Oleksandr Rabadanov, according to the land registry. A Dodge Durango in the driveway is also owned by Panfilova. TORSTAR NEWS SERVICE

Quoted

"It's crazy, that's crazy. It's not professional. You're not allowed. It's the law."

Neighbour Helena Harush, who once ran an unlicensed daycare, when asked about 27 children at a single-home daycare.

BOSTON BOMBING SUSPECT SAYS HE'S NOT GUILTY

This courtroom sketch depicts Boston Marathon bombing suspect Dzhokhar Tsarnaev standing with his lawyer Miriam Conrad at his arraignment in federal court on Wednesday in Boston. The 19-year-old faces 30 charges, including using a weapon of mass destruction, and could face the death penalty. He pleaded "not guilty" over and over. Story, page 12. JANE FLAVELL COLLINS/THE ASSOCIATED PRESS

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Recent rise in robberies alarms Ontario pharmacists

Post-OxyContin ban.
Rash of violent thefts by addicts seeking narcotics has Ontario Pharmacists' Association calling for action

When Projna Mitra opened her pharmacy in the spring of 2012 on Kingsway Drive in Oakville, she felt she was meeting an important need in the community. The surrounding area comprised about 2,000 families, but the nearest drugstore was at least two kilometres away. Mitra wanted these residents to have easy access to her store and to her expertise.

But her thinking changed on the morning of Sept. 27, 2012, when she looked up from the counter to find a gun levelled at her face.

The robber shouted that he wanted "all your narcs and oxys." Shaking, she reached into her narcotics safe and gave him two bottles of the powerful painkiller OxyNEO. But that wasn't enough; he wanted more. Otherwise, he said, he would shoot. Mitra, who could practically feel the gun against her forehead, gave him whatever she could get her hands on, whatever would make him leave.

He finally did go, after stuffing about 2,000 pills into a dirty grocery bag, telling Mitra, "I'm a drug addict, I mean you no harm. You're a nice lady. Don't call the cops."

Of course, Mitra did call the police, after jotting down everything she could remember about the thief.

The robbery at Kingsway Pharmacy joined a growing list of similar incidents in Ontario involving narcotic addicts desperate to lay hands on their drug of choice.

The Ontario Pharmacists' Association (OPA) says calls from members about robberies have become more frequent across the province over the past two years. Sounding an alarm, the association is calling for more collaboration with law enforcement.

Mitra says the police were very helpful in her case, but things haven't been quite the same at her store since that day in September.

While determined to continue with her one-person operation, much appreciated by the community, Mitra is no longer taking chances. To visit the pharmacy, customers now have to push a buzzer to enter, allowing time for Mitra to inspect the person via security camera. The new tools cost her about $3,000.

And a note in bold type on the door indicates that the pharmacy no longer has narcotics on site; should someone come in with a prescription, Mitra will place an order to have the drugs delivered the next day.

TORSTAR NEWS SERVICE

Guns and drugs

Since the Kingsway robbery, there have been at least a dozen successful or attempted drugstore robberies in Ontario.

- Just two weeks ago, three men were arrested in connection with five pharmacy robberies in Durham Region and three in Toronto. The robbers allegedly indicated they were armed with a gun and demanded drugs. Police would not say if any of the pills have been recovered.

Owner and pharmacist Projna Mitra inside her Kingsway Pharmacy location. Mitra was robbed at gunpoint last year.
TORSTAR NEWS SERVICE

Councillors seek to shorten marathon election campaign

Michelle Berardinetti
TORSTAR NEWS SERVICE

Municipal election campaigns in Toronto and other Ontario cities last 10 months.

The last provincial campaign lasted four weeks. The last federal campaign lasted five weeks.

Toronto Coun. Michelle Berardinetti believes the marathon municipal campaigns deter people from running, distract politicians and residents alike from important government business and create "voter fatigue."

Berardinetti has tabled a proposal to ask the province to shrink Toronto mayoral campaigns by four months and council campaigns by five.

Both now begin in early January and end in late October. Under the proposal, to be considered by council next week, mayoral campaigns would not begin until May and council campaigns in June.

"It's more fair for those that are running against incumbents," Berardinetti said. "Because I could be paid to work full-time and be out there and canvassing in January. But the average person cannot afford to leave work unless you are inherently wealthy. Most people are not in that boat."

It is highly unlikely any change would be implemented in time for the 2014 campaign.

TORSTAR NEWS SERVICE

Ranked-ballot system

Council asked the province in June to permit the city to switch to a ranked-ballot system, in which voters could list their favourite candidates in order of preference. It also asked the province to grant the vote to non-citizen permanent residents.

Privacy watchdog

More documents on cancelled gas plants recovered

A number of emails related to two cancelled gas plants have been recovered by the government, Ontario's information watchdog said Wednesday, even though she was previously told they couldn't be found.

Ann Cavoukian TORSTAR NEWS SERVICE

Information and Privacy Commissioner Ann Cavoukian, who released a scathing report June 5 about the deleted emails, said she's "dismayed" that she was "misinformed" by the government. The emails belonged to Craig MacLennan, former chief of staff to the Minister of Energy, who was singled out in Cavoukian's report for violating the Archives and Recordkeeping Act.

TORSTAR NEWS SERVICE

Benjamin Levin

More child-porn charges laid against U of T prof

A University of Toronto professor who once held the post of deputy education minister in Ontario and Manitoba was slapped with two new charges Wednesday in an ongoing child-pornography investigation.

Benjamin Levin — who was also on Ontario Premier Kathleen Wynne's transition team as she took office earlier this year — now faces a total of seven charges.

The latest charges of possessing child pornography and accessing child pornography were laid as the 61-year-old appeared in a Toronto court for a bail hearing.

THE CANADIAN PRESS

Blacked-out west end feels heat

The balance of power.
One resident upset that downtown lights burned all night, while west end was in the dark

JESSICA SMITH
jessica.smith@metronews.ca

While many west-end Torontonians were without power Tuesday, air conditioners hummed and lights burned all night downtown, despite pleas from Mayor Rob Ford and Toronto Hydro to conserve power.

Seeing power wasted while others went without raised the ire of residents like Anna Tripic, whose neighbourhood west of High Park was blacked out from Monday evening until midday Wednesday.

"Last night, we left our dark and deserted and (sacrificed) neighbourhood and went to visit relatives in downtown, and I was appalled by the intensity and overuse of power by billboards and offices that left lights overnight," she wrote to Metro. "In meantime, while the rest of the town is basking in the lights and wasting the power away on advertisements and AC, I'm throwing away food I have saved in my freezer."

Toronto Hydro asked the city on Tuesday morning to conserve 200 megawatts of power — about the equivalent of 20 large condo buildings — as they worked to fix a supply deficit in the wake of Monday's storm.

But, soon after making that request, Toronto Hydro was forced to institute a series of rolling blackouts in the west end near the damaged Manby power station because Torontonians' demand for power was still outstripping the supply.

Restaurant owner Mark Azaria, left, of Azarias and his chef Jorge Carrascal in a back alley in the Royal York and Bloor area, with mounds of garbage that business owners are discarding as fridges remain idle.
RENE JOHNSTON/TORSTAR NEWS SERVICE

Fired up

"I was appalled by the intensity and overuse of power by billboards and offices that left lights overnight."
Anna Tripic, High Park resident

Spokesperson Tanya Bruckmueller said over the day about 100 megawatts was conserved, compared to an average day. However, that number includes the energy saved by the rolling blackouts and other measures taken by Toronto Hydro.

One was the Peaksaver program, which allows Toronto Hydro to remotely control the air-conditioning units in 70,000 small residential and business customers who have signed up, and slow them down slightly to save power. Toronto Hydro applied it on Tuesday and Wednesday and saved 40 of those 100 megawatts.

Some of the other saved megawatts came from using the Independent Electricity System Operator to reduce the voltage sent to large customers by five per cent.

The remainder of the energy saved would have come from the voluntary actions of residents and businesses who listened to the calls for conservation and complied — but Toronto Hydro doesn't know if any of that made a sizeable difference.

"We think so, but we don't know for sure," Bruckmueller said. "But I know there were a lot of people complaining about customers downtown who didn't necessarily appear to be conserving."

There's always room for more conservation, she said.

One major area is office lights, which some buildings keep on with automatic systems beyond when they're needed, on floors and areas of office towers where no one is working late. "It differs from property manager to property manager, but I wish I knew why they do that," Bruckmueller said.

Another area for improvement is in "meat-locker syndrome," which is Toronto Hydro's term for offices that are kept too cold.

Tripic has noticed the same thing.

"You enter the subway, and you freeze, you enter the bank and you freeze, the stores, restaurants, everywhere you go. This office is no exception. I'm sure that we all can benefit from AC, but does it really have to be that cold when we are trying to conserve the power? As citizens or businesses equally?"

Power was returned to all but 600 customers Wednesday, but repairs are still ongoing and Toronto Hydro is continuing to ask for extra conservation over the next few days.

Real-estate agent Lori Clark works on the front steps of her Royal York and Bloor-area home on Wednesday because her power has been out since Monday night's storm. RENE JOHNSTON/TORSTAR NEWS SERVICE

Why so cold?

"You enter the subway, and you freeze, you enter the bank and you freeze, the stores, restaurants, everywhere you go."
Anna Tripic, High Park resident

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TTC. Wheel-Trans cams yanked after investigation

The TTC's Wheel-Trans service has temporarily suspended using on-vehicle security cameras to screen disabled passengers after Toronto's ombudsman called the practice "unfair."

The decision to quit using the footage to reassess disabled patrons under its Questionable Rider program followed an investigation by ombudsman Fiona Crean.

Cameras were originally installed on Wheel-Trans buses for public safety, security and crime deterrence.

The TTC was told in 2011 it could use the video to check passengers' eligibility to use the service as long as riders knew about it, and a sentence to that effect was added in small print to a decal posted on the buses.

But riders interviewed by the ombudsman's office thought the decal only referred to public safety and security.

In 2012, 75 riders were called in for reassessment and 54 were deemed no longer eligible for the service.

Crean said she doesn't know if the denials of service were justified. Riders should be given an opportunity to present their side, bring forward their medical information and explain their condition, she said.

TORSTAR NEWS SERVICE

Prediction

Home insurance sure to rise, agency says

Toronto's catastrophic storm earlier this week is likely to lead to higher insurance premiums for homeowners next year, Moody's credit-rating agency predicts.

Already reeling from the massive flooding in Calgary on June 20, some of Canada's largest property-insurance firms will be hit hard by Monday night's deluge in Toronto.

Official figures aren't yet available but one estimate has put the cost of the downpour in Toronto at more than $600 million. TORSTAR NEWS SERVICE

Pass GO, collect $100

So sorry, come again. Refund offered to commuters who were stranded aboard flooded train for hours

Money talks, and GO Transit is saying "sorry" with $100 each for the riders who were stranded on the stalled Richmond Hill train with a lower section that was flooded during Monday's storm.

About 1,500 riders will receive a $100 credit on their Presto fare card or, if they were travelling on paper tickets, will have a couple of weeks to redeem them for a Presto card worth $100.

"That was a night of firsts for us: The first time we had a month of rain in one night, the first time that any customer had to wait seven hours to be moved off a train, and the first time we deployed boats to take our customers off a train," said Mary Proc, GO vice-president for customer service.

TORSTAR NEWS SERVICE

Stranded passengers are rescued from a flooded GO train in Toronto on Monday. FRANK GUNN/THE CANADIAN PRESS

Details

- The money is meant to compensate passengers for dry cleaning or out-of-pocket expenses associated with the incident, in which many were forced to climb out the windows of the train into police dinghies that ferried them to dry ground.
- It was after midnight before everyone was off the train, which left Union Station around 5:30 p.m.
- The credit is a substantial increase from the regular GO guarantee, which offers riders a refund on their trip if their train arrives more than 15 minutes late.

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CEO called a 'murderer'

Lac-Mégantic disaster. Railway chief receives nothing but venom after coming to town

Jeers and icy stares greeted the head of a railway company as he arrived Wednesday with a police escort to visit the small Quebec community shattered by disaster.

Lac-Mégantic resident Raymond Lafontaine, whose son and two daughters-in-law are among the 50 missing, couldn't conceal his anger.

"I wanted to see my children's murderer," Lafontaine said. "And I wanted to see the murderer of other people from here who didn't ask to die."

Lafontaine said he's been contacted by people offering to pay cash to use his equipment to have the train tracks ripped from the ground.

Ed Burkhardt's arrival in Lac-Mégantic was a hot topic among residents, but only a dozen or so gathered to watch the president of the Chicago-based Rail World Inc. as he was cornered by reporters.

One man blamed the modest turnout on Burkhardt, accusing him of slinking in the shadows to avoid blowback.

"When someone's guilty, they hide," said Bruno Huot.

What residents lacked in numbers, they made up in indignation, with some hurling insults at the man they held responsible for their loss.

Burkhardt's comments at the news scrum, held in the middle of a street, were at times drowned out by hecklers.

The railway boss explained that he'd stayed in Chicago to deal with the crisis from his office, where he was better able to communicate with insurers, the media and officials in different places during what he described as 20-hour workdays.

His apparent contrition seemed to fall on deaf ears.

"It actually makes us more angry that he's here because I think he's shameless," said teenager Alyssia Bolduc.

THE CANADIAN PRESS

CEO's response

"I feel absolutely awful. I am devastated by what's happened."

Rail World Inc. president Ed Burkhardt

Ruin and responsibility

Police set the official death toll at 20 on Wednesday and said another 30 people are missing and most likely dead.

- Rail World Inc. president Ed Burkhardt appeared to take responsibility for the disaster, saying the train's handbrakes may not have been properly applied.
- He promised an energetic response to the crisis, including funding for aid and reconstruction.

A police officer prevents an angry resident from getting at Ed Burkhardt, president of Rail World Inc., who was speaking in Lac-Mégantic, Que., on Wednesday. RYAN REMIORZ/THE CANADIAN PRESS

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Lego no go hits man like ton of tiny bricks

Toy ride's over, sir.
Windsor man denied entry to Legoland for not being with a child

A 63-year-old Windsor man and avid Lego fan drove hours to the Vaughan Mills Legoland, only to be told he wasn't allowed in because he didn't have a child.

For years now, John St-Onge has been a big Lego fan. His interest was piqued when he started buying them for his children, and it continued to grow even after they grew up and moved away.

Today, St-Onge has more than 50,000 Lego blocks from more than 72 different sets, all documented and stored away in his home.

"What they do is only limited to your imagination," explains St-Onge.

He decided to make a trip to Legoland with his 30-year-old daughter Nicole on Saturday morning. But after a three-hour drive, the pair was told they wouldn't be allowed to go in without a child present.

John St-Onge with his 2,300-piece "Robie House" Lego set.
CONTRIBUTED/NICOLE ST-ONGE

Instead, Legoland has a once-a-month "adults night," during which all ages can enter without a child.

But St-Onge was hopeful they'd make an exception, especially when he only wanted to see one thing.

"I said, 'All I want is to go out and take a picture of the skyline exhibit you have. You can escort me,'" he says.

They asked to speak to the manager, who they were told was too busy to meet them. St-Onge and Nicole drove home empty-handed.

"I didn't argue the point. I'm not going to make a scene," says St-Onge. "But it doesn't make you feel good. It makes you feel like you got a number on your back."

Nicole says the experience was "quite discouraging, quite upsetting, a little bit embarrassing. And my dad, he feels totally discriminated against."

Legoland has since been in contact with the pair. A representative apologized, but says they stand by their policies, which they explained were in place to protect the families that visit. They offered to plan a special day for St-Onge, but Nicole says the details were vague and they weren't sure what the friendly gesture would involve.

"We would love to go back, but it would be at their expense as a guest," she says.

PHOEBE HO/FOR METRO IN TORONTO

Bountiful, B.C.

Report filed on alleged sex abuse by polygamists

An RCMP report into possible sexual offences against children at a polygamous commune in southeastern B.C. has now been handed to a special prosecutor.

The Criminal Justice Branch says the Mounties expect to have more information in the coming months about the activities of individuals in Bountiful.

The branch says it will likely be several months before prosecutor Peter Wilson reviews all the documents and makes a final charge assessment about the offences, alleged to have occurred since the 1980s.

Wilson was appointed last year to review any evidence the RCMP collects and to consider charges that could include human trafficking, child exploitation and polygamy.

Two community leaders were charged with polygamy in 2009, but the charges were later thrown out. THE CANADIAN PRESS

Alleged abuse. RCMP did not fail woman who tried to hire hitman: Watchdog

A police watchdog says the RCMP did all it could for a woman who accused her husband of abuse and tried to have him killed, challenging a claim by the Supreme Court that the force ignored her pleas for help.

The Commission for Public Complaints Against the RCMP issued a review Wednesday into how Nova Scotia detachments handled complaints by Nicole Doucet in 2007 and 2008.

Ian McPhail, the commission's interim chairman, said investigators focused on claims that the RCMP didn't do enough to help the woman before she tried to hire a hitman to kill her ex-husband, Michael Ryan.

Doucet was arrested in 2008 when she tried to hire an undercover Mountie to kill Ryan. She said in court proceedings that he had pushed her, squeezed her neck, put guns to her head and threatened to kill her and their young daughter.

Doucet was acquitted in 2010 of counselling to commit murder when the trial judge found she was under duress due to abuse and was not receiving help from police.

Nicole Doucet THE CANADIAN PRESS FILE

She alleged that she sought assistance from police nine times, but was told they wouldn't help because they were deemed civil disputes.

The commission found the RCMP was not provided with enough information to act. The review says Doucet did not report any abuse to the agencies that came in contact with her, including Community Services, undercover police, a psychiatrist and several RCMP officers.

THE CANADIAN PRESS

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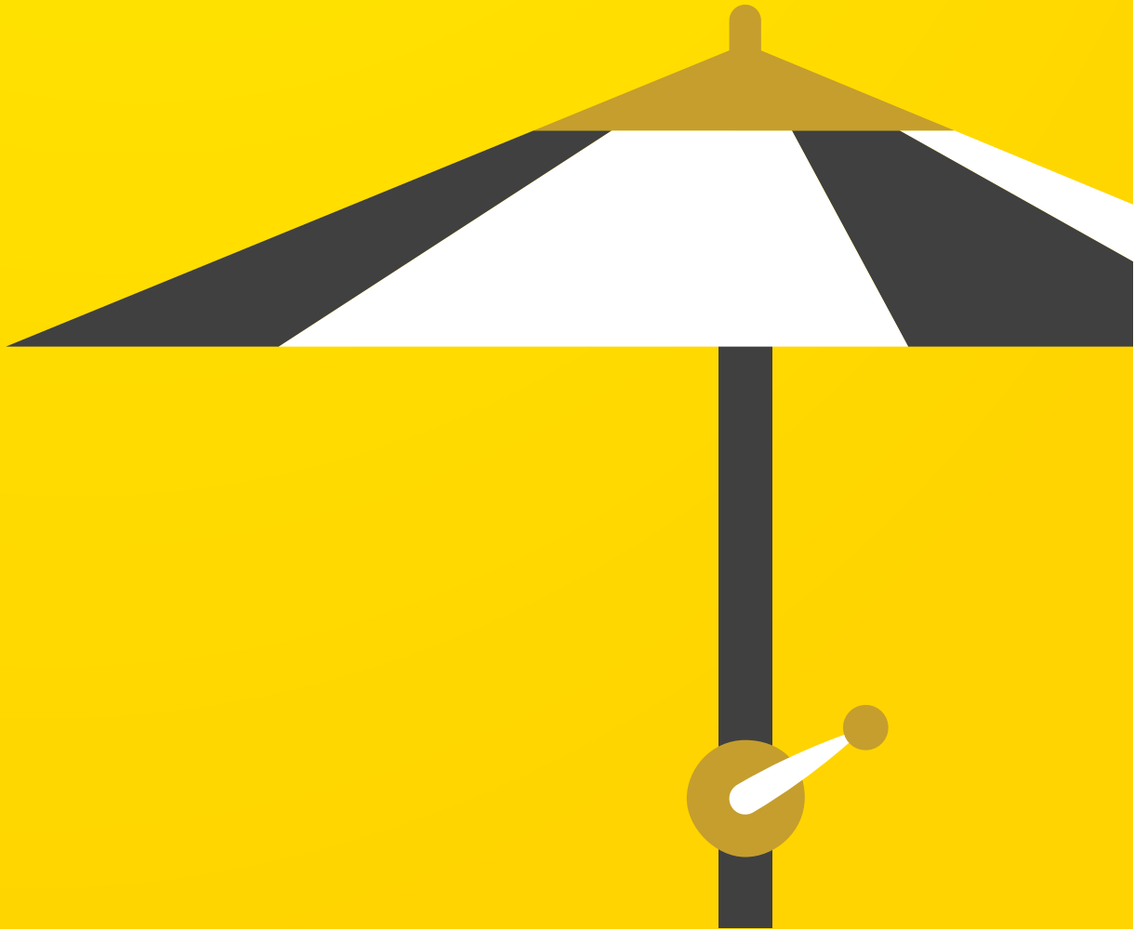

Egypt. Muslim Brotherhood leader targeted for arrest

Egypt's military-backed government tightened a crackdown on the Muslim Brotherhood on Wednesday, ordering the arrest of its revered leader in a bid to choke off the group's campaign to reinstate President Mohammed Morsi one week after an army-led coup.

The Brotherhood denounced the warrants for the arrest of Mohammed Badie and nine other leading Islamists for inciting violence Monday that left dozens dead, saying "dictatorship is back" and vowing it will never work with the interim rulers. THE ASSOCIATED PRESS

Morsi's status

Foreign Ministry spokesman Badr Abdel-Atti gave the first official word on Morsi in days, saying the ousted leader is in a safe place and being treated in a "very dignified manner." No charges have been levelled against him, Abdel-Atti said.

Army soldiers, background, defend the Republican Guard building in Cairo on Wednesday. HASSAN AMMAR/THE ASSOCIATED PRESS

Accused Boston Marathon bomber pleads not guilty

Tsarnaev. Heavily guarded courtroom packed with victims, police, media and members of the public

His arm in a cast and his face swollen, a blasé-looking Dzhokhar Tsarnaev pleaded not guilty Wednesday in the Boston Marathon bombing in a seven-minute proceeding that marked his first public appearance since his capture in mid-April.

As victims of the bombing looked on, Tsarnaev, 19, gave a lopsided smile to his sisters upon arriving in the courtroom. He appeared to have a jaw injury and there was swelling around his left eye and cheek.

Then, after he leaned over toward a microphone and said, "Not guilty" over and over, he was led out of the courtroom, making a kissing motion with his lips toward his family as he left. His sister sobbed loudly, resting her head on a woman seated next to her.

He faces 30 federal charges, including using a weapon of mass destruction to kill, and could get the death penalty if prosecutors choose to pursue it.

The April 15 attack killed three people and wounded more than 260. THE ASSOCIATED PRESS

Quoted

"Just knowing him, it's hard for me to face the fact that he did it."

Hank Alvarez, a high school friend of Dzhokhar Tsarnaev

A U.S. Marshals Service van, believed to be carrying Boston Marathon bombing suspect Dzhokhar Tsarnaev, arrives at the federal courthouse for his arraignment Wednesday in Boston. JOSH REYNOLDS/THE ASSOCIATED PRESS

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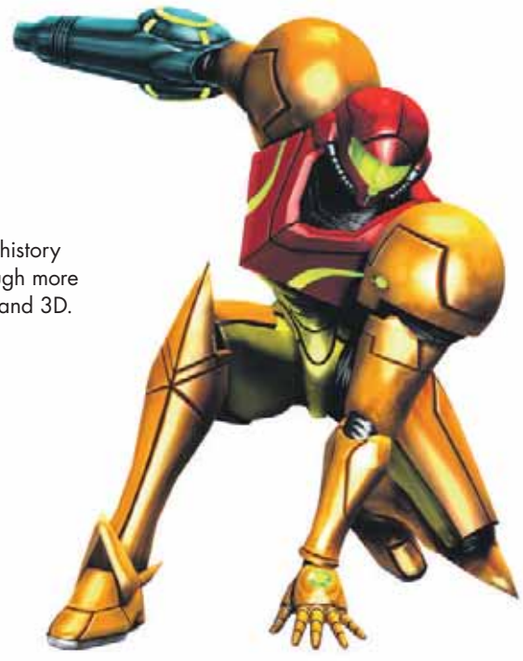

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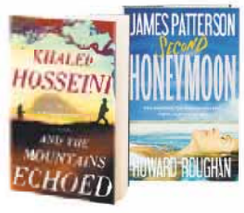

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Online espionage. Nations are hiring cybermercenaries, says U.K. intelligence report

A British intelligence report said Wednesday that other nations are hiring hackers to launch attacks against their enemies, a trend it described as particularly worrying.

The warning over cybermercenaries came in an annual report published by Britain's Intelligence and Security Committee, a watchdog body of senior lawmakers that oversees Britain's spy agencies.

Citing testimony from British eavesdropping agency GCHQ, the report described the mercenaries as "skilled cyber professionals undertaking attacks on diverse targets such as financial institutions and energy companies.

"These groups pose a threat in their own right, but it is the combination of their capability and the objectives of their state backers which makes them of particular concern," it said.

The lawmakers didn't name any specific countries or say how widespread the practice was. The report didn't go into much further detail, but there's long been concern over the proliferation of private companies that profit from developing and distributing offensive software.

The report quoted GCHQ as saying that the electronic threat facing Britain is "at its highest level ever and is expected to rise further still" — a warning that tracks with long-standing trends relating to the growth of cybercrime and increasing official interest in online espionage. THE ASSOCIATED PRESS

Notable omission

- Not covered in the report were allegations published by The Guardian newspaper that GCHQ and its U.S. counterpart, the National Security Agency, were engaged in a global surveillance campaign aimed at securing access to as much of the world's communications as technically possible.

A gluten-free snack, on the double-double

According to Tim Hortons, this new coconut macaroon is the first item in a Canadian fast-food restaurant to get a stamp of approval from the Canadian Celiac Association's gluten-free certification program. The macaroon is a $1.29 meringue-style cookie made with coconut and drizzled with milk chocolate, and is intended for customers with celiac disease and gluten intolerance. TIM HORTONS

First iPad version

Google revamps Maps app

Google is unveiling a new version of its popular Maps app, available now for Android phones and tablets and "coming soon" to iPhones and iPads. It'll be the first time iPad users get a dedicated Google Maps app. The app's design has been significantly streamlined to declutter the screen and get rid of a series of menus that confused some users. THE ASSOCIATED PRESS

Market Minute

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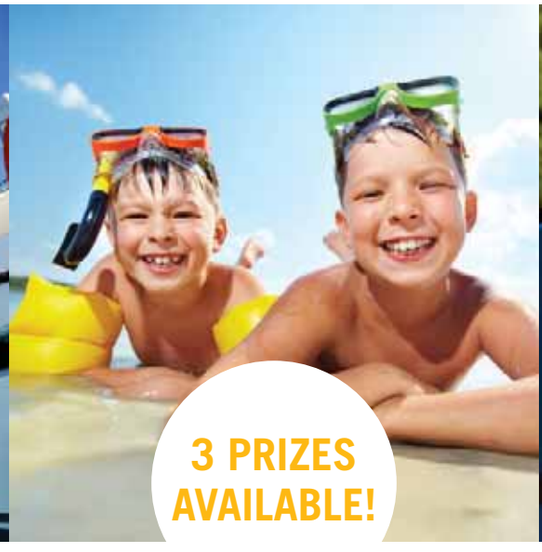

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EAT YOUR PHOBIA FOR BREAKFAST

HE SAYS

John Mazerolle
metronews.ca

Phobias are nothing to fear. Almost everyone has an irrational fear of something, be it snakes or planes or snakes on planes or being trapped in a movie theatre with Samuel L. Jackson or being unable to make pop cultural references fresher than 2006. But I want to assure you that phobias are nothing to be ashamed of.

Why? Because I too have a phobia — lightning. Most phobias — which is Greek for "fears you have that your friends find hilarious" — are well-known, but fortunately so are the best approaches to dealing with them.

Here we pair some of the most common phobias with a few of the more effective treatments:

Spiders. There's an excellent way to feel better about a spider's legs skittering over your exposed neck at night, or its hungry mouth chewing at your bare skin: Remember that according to the Internet the average person eats an average of eight spiders a year as they sleep. So they might be eating you, but you're getting the last laugh — possibly with a spider leg or two flying from your lips as you chortle. And note that the Internet says an "average" person eats eight spiders a year. A really exceptional person, such as astronaut and professional Better-Than-You Chris Hadfield, eats as many as 10 spiders in a single week!

(I would have once scoffed at the idea there was any way to count how many spiders a person eats at night, but now that I know what the NSA has been up to, it all makes sense. Thanks Edward Snowden!)

Snakes. There are almost no dangerous snakes in Canada, and the few that are, are extremely passive animals, so this phobia is what scientists call "stupid." Therefore every time you feel a twinge of fear coming on, have a friend or relative say, "Don't be stupid! It's just a snake, stupid. God, you're so stupid" until the fear passes. (Note: This approach sometimes requires secondary therapy.)

Heights. Some therapists recommend climbing a 'fear ladder,' where you expose yourself to your fear in small manageable steps. With heights, you can combine the figurative and literal by jumping from a ladder every day, each day one rung higher. By Day 15 or so the problem kind of takes care of itself.

Lightning. Commonly referred to by scientists as the 'sexy phobia,' many of history's greatest heroes were terrified by lightning. Benjamin Franklin. Neil Armstrong. Thor. Yes, they had stoic exteriors, but a loud thunderclap made them cry like schoolgirls.

So if you should find yourself at home during a lightning storm, trying not to hyperventilate while you distract yourself with a battle-filled Game of Thrones episode cranked to full volume (to pick an entirely random example) then that's OK. Accept it as part of the wonderful, handsome writer you are. Er, person you are.

And that's how you deal with phobias. Of course the best way to approach any fear is to recognize that, even if you're not feeling great, you're in no real danger. Remember to smile, recite some positive statements, and take long, deep breaths. If you do that at night, you'll also swallow some spiders.

ZOOM

Snake in a charity store

QUEENSLAND POLICE/THE ASSOCIATED PRESS

Python breaks in to Australian store

Australian police were mystified by a chaotic crime scene including a hole in the ceiling and a smelly pool of vomit-like liquid — until they found the culprit was a 5.7-metre python.

The massive snake, weighing in at 17 kilograms (37 pounds), was captured a day after a suspected burglary was reported at a charity store in Queensland in northeastern Australia.

"Its head was the size of a small dog," police Sgt. Don Auld said Wednesday. Before they found the python, investigators' working theory was that a human burglar with an appetite for destruction — and a serious illness — had gone on a rampage inside the St. Vincent de Paul store in the small town of Ingham.

THE ASSOCIATED PRESS

The suspect

"We thought a person had fallen through the ceiling because the roof panel was cut in half. When they've hit the floor, they've vomited and then staggered and fallen over. That's what we thought anyway."

Police Sgt. Don Auld

The break-in

- Police now suspect the python entered the store through the roof, which was damaged in a cyclone two years ago.
- The animal then plummeted through the ceiling, knocking over dishes, clothes and other items, before relieving itself on the floor.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Despite being mostly a place where 20-somethings turn to post pictures of their hangover brunches, road trips and beach vacations, there's more to Instagram than that. There are also musicians posting pictures of brunches, road trips and vacations... and of themselves. Introducing, the musicians of Instagram:

DREW GURIAN/INVISION/THE ASSOCIATED PRESS

Tyler the Creator:
Odd Future's Tyler the Creator is worth the follow for the captions more than the art. @feliciathegoat

Pearl Jam:
Remember them? They're back. And just announced their first North American tour in three years. @pearljamofficial

Frank Ocean:
This man has mastered the art of the selfie in the most beautiful, non look-at-me-I'm-awesome way. @Frankocean

Twitter

@metropicks asked: Scientists can now determine your lifespan at time of birth. Would you do it? Why or why not?

@DeniM4678: No, because it's just a guess, there are TOO many factors that could affect that number through the years.

@autumnpiglet: No. Why bother? You may die from an accident.

@FrenchmanCanada: No need, I already know the date : the day Justin Bieber gets an Oscar for best song.

Follow @metropicks and take part in our daily poll.

Comments

RE: The Story Behind That Abandoned, Flooded Ferrari On Lower Simcoe Street, published July 10

There is no story behind this story. A man left his car behind during a flash flood, as did many others. **poor-whiteman posted to metronews.ca**

It's not meant to be a hard-hitting news story. The fact that a $192,000-car was abandoned during the flood, clearly, amused some people. It's horrible that so many people have damaged cars and property. But are you telling me that an abandoned Ferrari wouldn't pique your interest more than, say, a Dodge Caravan? **bicyclingbookwrm posted to metronews.ca**

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Suit that makes you look like a million dollar man

Owning a hand crafted, custom fitted suit is the dream of every man and woman. But finding a tailor and staying within budget can often be a challenge. So, you continue to buy ill-fitting suits off the rack – suits that are not customized to the nuances of your body type and size.

An end to an ill fitted off the rack suit

Now a hand cut, hand stitched suit is within your reach through BMV Bespoke, one of Hong Kong's highly respected custom tailors. BMV has been creating custom crafted suits for over 50 years, and have built their reputation on attention to detail, offering fine fabrics and affordability.

BMV Bespoke is passionate about creating the best possible fitted suits for their clients – before a thread is cut or a measurement is taken, your BMV tailor will carefully observe and note every detail of your unique body type to ensure your suit fits to perfection.

"As tailors, we love to see somebody coming to us wearing an off-the-rack, ill-fitting suit, which often costs a fortune and then walk out with one of our perfectly fitted, custom made suits. With BMV, our superior quality and fit often costs so much less, yet fits so much better." ~ BMV's Director and Lead-cutter.

When buying off the rack, the only options are what is in front of a person- the shoulders may be too wide or too narrow or the fit may just not be comfortable.

Men who buy off the rack almost always need to have their suits altered, but by visiting a BMV bespoke, they can have a suit made exactly to their specifications and body type.

"We cut from scratch and make full suit according to individual preference," explains William Bal of BMV Bespoke Tailors.

They visit major cities several times a year, taking custom orders, including tailor-made shirts starting at just $59 upto $250 & suit starting at $329 goes upto $3500 depending on different qualities.

BMV's expert tailors, visits major cities across Canada 7 - 8 times a year. To be custom fitted and select a fabric from the thousands offered by BMV, call the number for your city on the dates provided. Ask for Mr. William Bal or BMV Bespoke.

Once an order is placed, the craftsmanship begins almost immediately, thanks to today's digital technology. You will receive your suit within 4 to 6 weeks after your custom fitting, or you can request express delivery, where your suit will be delivered within 10 business days. You also have the option of having BMV bring your suit during their next visit to your city.

BMV's most expensive suit, made of luxurious cashmere, sells for only $3,500, which is considerably less than places like the Savile Row suit company.

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Watching with the rooftop down

Open Roof Festival. It's like hanging out on a patio with your friends and Spring Breakers is playing

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

Spring Breakers is among the films being screened. HANDOUT

It's no secret that Toronto hosts a ridiculous number of film festivals. Each has its own twist, but they all ask patrons to sit in a dark, windowless room in silence. Except for the Open Roof Festival.

"It has a fun patio vibe," explains Sandra Singer, one of the three-year old fest's co-founders.

"Instead of going out and sitting on a patio with your friend, come to Open Roof."

Open Roof is a unique entity combining music, food and film all in an outdoor setting. Add in the social aspect that comes with the first two elements and you've got less of film festival, and more of what Singer calls an "experience."

While the movies and the music tend toward less mainstream indie fare (this week's flick, Harmony Korine's Spring Breakers, is one of their edgier choices this season) Open Roof still attracts a broad-based audience. "It's for people that enjoy indie film and love music and sharing experiences wit friends," she says, "people that like experiencing things in a little bit of an alternative way."

At a recent screening, the film's writer and director attended to present the film and do a Q&A. But between promotional duties Singer says both could be found hanging out with their audience, drinking beer and having popcorn.

It's that quest for relationship building — people meeting people — that's become Open Roof's hallmark, a quality emphasized by the volunteers who organize, program, set up and tear down each week's event. Even the fest's directors, Singer included, are unpaid.

"When you haven't been before you don't know what to expect," she says, noting that despite all the fun and activities on display, people do keep it down during the screening. "It's about creating a vibe."

Open Roof Festival: Thursdays through Aug 22. Moon View Lot, 175 Queens Quay E. Check openrooffestival.com for details and full line-up.

A big part of the festival is people meeting people. CONTRIBUTED

Molly Maxwell

Sitting amongst Open Roof's international line-up of flicks is the shot-in-Toronto film Molly Maxwell. Written and directed by Canadian-born Sara St. Onge, the film follows a shy, ordinary 16-year-old named Molly Maxwell as she tries to navigate the reversed social dynamics of her progressive high school. She eventually falls in a little too close with one of the school's teachers. A product of the Canadian Film Centre, the movie also boasts a bevy of Canadian musicians on its soundtrack, including locals Hooded Fang, Dusted and the Rural Alberta Advantage.

Molly Maxwell was shot in Toronto. HANDOUT

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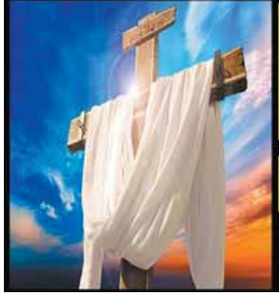

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The wonderful world of Oz: This is one dedicated, ultra busy Doctor!

Think you're busy?
Get a load of how the TV host (and still practicing surgeon!) spends his days

MEREDITH ENGEL
Metro World News in New York City

In addition to hosting his Emmy-winning talk show, overseeing a non-profit and readying to launch a magazine, Dr. Mehmet Oz still has time to be a practicing cardiothoracic surgeon. He's also a family man, with a wife and four children. How does he juggle it all? We went straight to the source for answers.

5:45 a.m.: Rise and shine
Dr. Oz knows that the early bird gets the worm: "I get up at about quarter to six," he tells us. Upon waking, Dr. Oz does a short, 10-minute workout "which is mainly yoga, with some calisthenics," he says. "I change those calisthenics a bit, but they're essentially core work, so sit-ups, push-ups, etc."

7 a.m.: Get to work
After a morning shower, Dr. Oz commutes by car from his home in New Jersey to his TV studio in the city. "I'm here by like five to seven because at seven o'clock every morning, we start our meetings," he says. Dr. Oz tapes two shows a day and preps for both at the morning meeting: "We troubleshoot (and make any) last changes," he says. For breakfast, it's Greek yogurt, berries and a green juice — a mix of produce like cucumbers, celery, apples, oranges, lemons and limes — which he makes the night before.

8:30 a.m.: Rehearsal
"At 8:30 I go out to rehearse for an hour, and then I run back to the hardest part of my day, which is hair and makeup. Guys can't stand that stuff — you have to sit still and not do anything for 15, 20 minutes."

10 a.m.: Showtime

12 p.m.: Lunch
Dr. Oz's genial spirit comes through when he tells us about the cauliflower his wife, Lisa, made him for lunch: "Here, eat that. It's good," he says, offering us a bite.

12:30 p.m.: Meetings
Dr. Oz's life may sound glamorous, but he still has meetings like the rest of us.

1:30 p.m.: Rehearsal for the second show

3 p.m.: Second show

5 p.m.: Final touches, preps for upcoming shows

Always in his bag

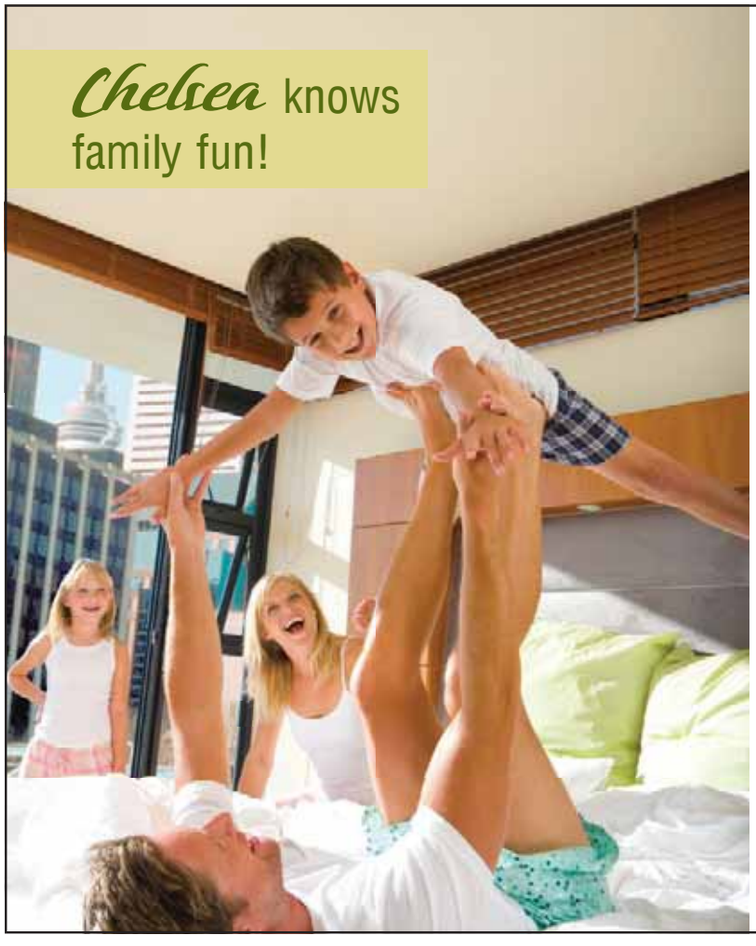
Nuts: Hazelnuts and cashews are his standbys, he says. "I go through them pretty quickly."

After both of the day's episodes are taped, Dr. Oz runs upstairs to his studio to record voice-overs and promos for the local markets. "(What) people don't realize about television is it's a very local business," he says. "It's a national show, but you have to help the local people win their markets. So, you've got to give them stuff to help them tell the story." He also meets with his producers about the coming week's shows.

7 p.m.: Dinner
Dr. Oz heads home and settles into dinner with his kids — however many are home that night — and Lisa, a vegetarian, whom he calls "a great chef." What's on the menu at Chez Oz? "She makes a great pasta (with) different kinds of pesto sauces, arrabbiata sauces — she's really good at making that stuff come alive. She will cook tofu-based dishes quite a bit. She's great at squashes. She takes vegetables and she makes them taste out of this world. We'll have a big salad with different kinds of exotic dressings that she'll mix up. It doesn't take her hours and hours to make it."

8 p.m.: Unwind; prep for the next day's shows
"I rarely go out on weekdays, because I like to be rested for the next day," he says. "If I'm busy doing something else till 10 o'clock at night, I don't find that I'm as rested the following morning." Instead, like a student studying for exams, the doctor readies himself for his next day's shows. "When I get home at night, I have all the scripts, so I'll go through those, and I'll study my medical notes," Dr. Oz tells us. He cops to a "terrible memory," but still manages to prepare himself by focusing on what he wants his viewer to take away from each show. "I try not to memorize (the material)," he says. "I try to understand it."

10:15 p.m.: Lights out
"I'm always in bed by 10:15 at the latest," says Dr. Oz, who gets about seven-and-a-half hours of shut-eye each night. "I fight for that. It's the most important thing I do. I won't take a phone call at 10:15 because anyone who's calling at 10 o'clock is gonna rile you up. ... The number one biggest mistake we make in America is not sleeping, by far."



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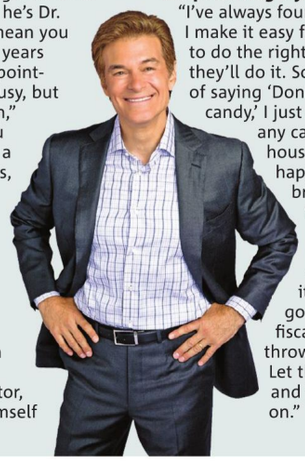
What's up doc? The man himself in studio during one of his shows. ALL PHOTOS HANDOUTS

More on Mehmet

What about his other job? With such a hectic schedule, it's easy to forget that Dr. Oz is also a practicing surgeon. How he makes it all work: He doesn't tape on Thursdays, instead spending the day at Columbia University Medical Center. Also, during the summer, his TV show doesn't tape, so he can work more at the hospital. While there, he does grand rounds, where he trains younger doctors, and also meets with new patients and does surgeries. And just because he's Dr. Oz doesn't mean you have to wait years to get an appointment: "It's busy, but people get in," he says. "You have to wait a couple weeks, but it's not months and months."

Weekends in the Oz house "I rarely leave my house on weekends," says the doctor, who calls himself a "complete hermit." "I just love, for roughly 48 hours, decompressing completely with no real worldly concerns, because during the week you're going full speed all the time." On his agenda? Sports ("I play a lot of basketball and tennis"), outdoorsy activities and movies with the family. And though Dr. Oz rarely drinks alcohol during the week, he does enjoy tequila on the weekends.



His parenting style "I've always found that if I make it easy for them to do the right thing, they'll do it. So instead of saying 'Don't eat that candy,' I just don't bring any candy in the house. If they happen to bring candy from a friend, then they should eat it. I'm not gonna confiscate it and throw it away. Let them eat it and then move on."

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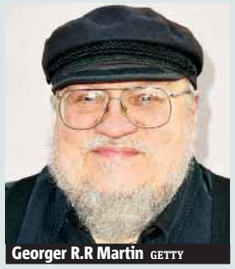

Georger R.R Martin GETTY

It's OK, but it's not quite ugly enough for the throne

Game of Thrones is about the grimmest fantasy TV show ever to hit the airwaves. But it's not as grim as the version that lives in George R.R. Martin's head. In particular, he finds that the TV version of the titular iron throne is too petite and pretty. Martin acknowledges that the version we see is right for the constraints of the show, but, he writes on his blog, "It's not the Iron Throne I see when I'm working on The Winds Of Winter. The way the throne is described in the books… huge, hulking, black and twisted, with the steep iron stairs in front, the high seat from which the king looks DOWN on everyone in the court… my throne is a hunched beast looming over the throne room, ugly and asymmetric (sic)." Martin also knows how freaked out viewers were by the red wedding massacre. And he loves it. "I want my readers to be afraid," he told Conan O'Brien. "I want them to be afraid to turn the next page because the character may not survive it."

METRO

Hasselbeck, in pink, with her The View co-hosts Joy Behar, Whoopi Goldberg and Barbara Walters. AP PHOTO/ABC, STEVE FENN

Elisabeth's View: exit no Hassel

Moving to Fox and Friends. Despite former Survivor star's clashes with her co-hosts over political matters during her 10 years on the show, she still gets warm send off

Elisabeth Hasselbeck is leaving the desk at The View for the couch on Fox News Channel's Fox & Friends.

The news network said Tuesday that Hasselbeck will join co-anchors Steve Doocy and Brian Kilmeade on the three-hour morning show Fox & Friends in September. Wednesday will be her last day after a decade on The View.

Hasselbeck parlayed her popularity as a contestant on Survivor into a job on Barbara Walters' ABC daytime show in 2003. During her decade on the show, she authored two cookbooks. She's also politically more conservative than her co-hosts on The View, which often led to some contentious moments.

Fox News Chairman and CEO Roger Ailes said that Hasselbeck's "warm and engaging personality made her a star" and an "excellent conversationalist." She replaces Gretchen Carlson, who will be given her own daytime show on Fox, Ailes said.

"When Elisabeth survived Survivor, we wanted to make sure she would stay afloat," Walters said. "We have had 10 wonderful years with her and she will now be swimming in new waters. We will miss her and wish her everything good."

No hard feelings

Experience gained. Elisabeth Hasselbeck is leaving The View showing no hard feelings toward her colleagues, even when she's sparred with them politically. She walked onto the ABC stage with show creator Barbara Walters' arm around her waist. Hasselbeck said she felt like she earned a master's in communications and journalism through working with Walters, who is retiring next year.

Rumours that Hasselbeck was leaving first surfaced in March, drawing a heated denial from Walters at the time. She also said it was not true that Hasselbeck's political views made her unpopular in the executive suites at The View. Her views won't be a problem on Fox & Friends, which is popular with a conservative audience. The talk show is the most popular cable news program in the morning.

Hasselbeck's departure is part of a year of turnover at The View. Joy Behar, one of the show's original panellists, is also leaving. Walters, who developed the show, is retiring from television next spring. That leaves Whoopi Goldberg and Sherri Shepherd as the remaining panellists. Jenny McCarthy, the former Playboy playmate who currently hosts a show on VH1, has been mentioned as a possible new panellist.

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A breakup, some booze, 2 crappy jobs and $5,000

SOCAN song-writing prize. Dark time had amazing silver lining for Mo Kenney, as she beat out music elite

Mo Kenney wrote Sucker during a dark time in her life. THE CANADIAN PRESS

When Halifax's Mo Kenney penned her forlorn acoustic lament Sucker, she was in a bad place.

Merely 19 years old at the time, she was living on her own in Halifax for the first time and working two "crappy" jobs, one at a dollar store and the other whipping together pizzas at Sobeys. Oh, and she was freshly dumped.

"So I was sitting there feeling kind of (bad) about myself and music wasn't really going anywhere either. I was working toward something but I wasn't sure what to do," she recalled in a telephone interview this week. "So I got a little bit drunk in my room and started writing."

The resultant tune helped Kenney find that direction she was searching for — and on Wednesday heralded some more good fortune.

Kenney and her tune have won the $5,000 English-language SOCAN Songwriting Prize, awarded by the Society of Composers, Authors and Music Publishers of Canada. Quebec's Keith Kouna won the French award for Batiscan.

By winning, Kenney bested a field that included Montreal's icy electro-pop outfit Purity Ring, stylistically diverse Toronto singer/songwriter Maylee Todd, rootsy Hamilton duo Whitehorse and banjo-brandishing Toronto native Tamara Lindeman, who performs as the Weather Station.

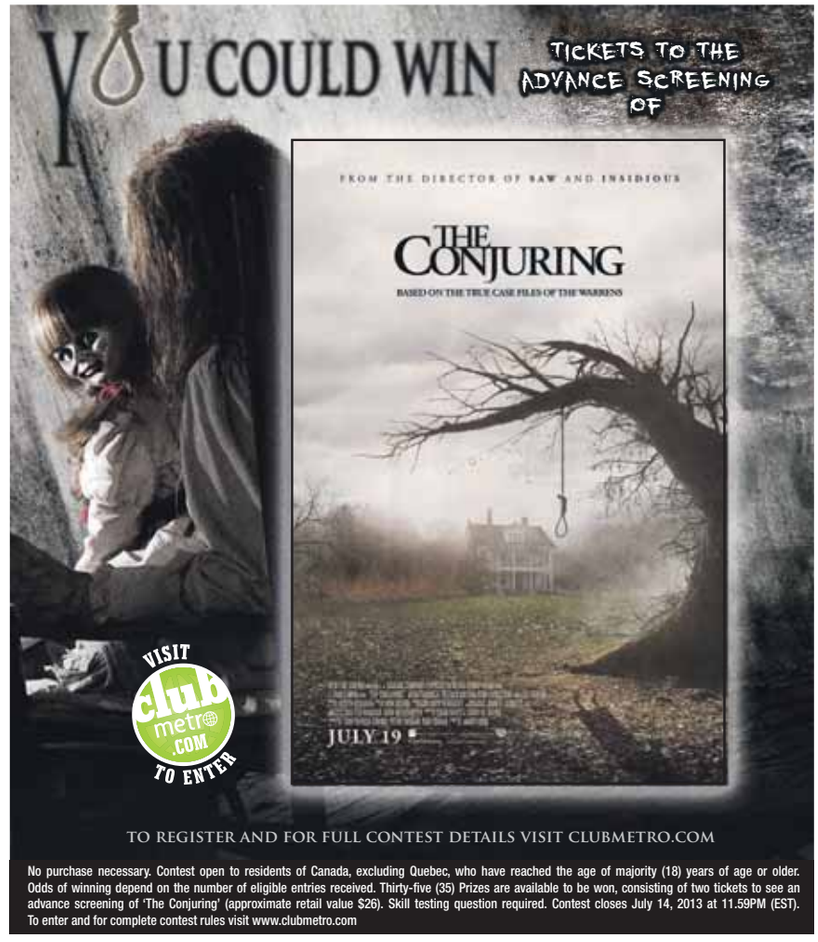
"I was in really good company, obviously, and I wasn't really expecting to win," Kenney said. "I was really, really pleasantly surprised." Kenney, 23, released her self-titled debut last September, produced by East Coast songwriting stalwart Joel Plaskett.

She says he'll produce her next effort as well, a record still in the embryonic stages that she hopes to begin recording in the late fall. THE CANADIAN PRESS

How to spend the prize money?

Decisions, decisions. Kenney figures she'll spend most of the money on making her new album. But she may treat herself to a splurge on the side: a "sweet new" Gretsch Black Penguin electric guitar.

"They're pretty badass looking," she says with a laugh. Meanwhile, whatever happened to that personal slump that inspired Sucker? "It was over pretty quick," she confirms.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WESTJET

A member of art collective Hungry Castle stands beside the head.

Hello! Is it you inside my head?

'Humorous tribute' to Lionel Richie. Art collective makes giant head of singer and the best part is that it doubles as a bedroom

KIERON MONKS
Metro World News

Barcelona-based art collective Hungry Castle have found a novel way to pay tribute to classic soul singer Lionel Richie, building a five-metre inflatable sculpture of his head that plays his hit song Hello. The crew raised more than $15,000 to fund the project through Kickstarter, and Lionel will be touring festivals in the UK this summer and giving fans the opportunity to sleep inside. We talked to art director Killian Cooper.

With this massive head, are you saying that Lionel Richie is arrogant?
We're not criticizing him. The main inspiration was the end of the Hello music video, which is a little disturbing when he is technically stalking a blind girl, who sculpts a bust of his head.

What impact will it have on people? Do you expect romance inside the head?
There are two Australian guys travelling from Melbourne who bid £1,000 to spend a night in the head. It will be full on luxury in there, decked out with champagne, so I expect romance. Maybe they will bring girls in or just get to know each other better.

Festival-goers can be a rough crowd. Are you worried about vandalism?
Yes, there will always be people who want to attack that kind of thing, like mascots who wear bear outfits. We will have overnight security but I don't know if they would take a bullet for the head.

You're touring a lot of busy outdoor events. How about Tahrir Square?
Not sure about Egypt but I like the idea of travelling in different countries with it and it saying hello to people.

What other heads might you do?
This is it. We're focusing on Lionel Richie but doing other artistic projects with him — like a sculpture class with smaller heads. If I had to do another one? Mr T.

Is Lionel Richie going to sue you?
Well, new audiences are discovering his music so maybe he is grateful. He was interviewed about it so I think he sees it as a humourous tribute.

Inside the head is a luxurious, romantic bedroom. BOTH PHOTOS HANDOUT

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Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin Bieber stoops to more piss-poor behaviour

Oh, Justin, Justin, Justin. What can we say about your latest example of acting out?

In a video from TMZ, filmed earlier this year, the terrible tiny terror decides that it would be alright for him to urinate in public in a bucket used for floor washing. I'm sure the owners of the restaurant were thrilled to have such a class act visit.

I'm not a fan of corporal punishment, but sometimes the only reasonable option is a hard slap.

In other Bieber news, Chicago Blackhawks fans are crying fowl after a picture of the Biebs posing (with sunglasses on) with the Stanley Cup in the Hawks' dressing room. In the background is a Blackhawks jersey with the word Bieber on it. Fans took to Twitter to voice their discontent that the Biebs' dirty hands touched the sacred trophy.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Khloe kicks Lamar out over an ongoing stripper tryst

Khloe Kardashian kicked husband Lamar Odom out of their home for cheating.

But it gets worse. He was cheating with a stripper. For more than a year. And he paid her.

According to the bombshell report from Star magazine, the woman in question is 29-year-old stripper Jennifer Richardson, whom he met at the Stadium Club strip club in Washington, D.C. after a game last year.

The first night they hooked up, Odom took care to take "her phone apart and put the pieces in different spots all around the room" so she couldn't record their tryst. But that doesn't keep a resourceful stripper from becoming a "source" to Star magazine for money.

The "affair" (which honestly just sounds like various sexual encounters after games in various hotel rooms around the country) lasted for months with Odom at one point "gifting" her $3,000.

Oh, and they had a threesome. I don't know how that falls into the blame game.

Does that mean he cheated with several women or with just one woman, but very spectacularly?

Star reports that Khloe found out about the affair and kicked him out again and again — but they would continue to get back together.

But now it looks like they are headed for a divorce — sources tell Star that Odom moved out for good on June 3 and hasn't been back since.

Friends, you know it's bad when Scott Disick seems like the good Kardashian husband.

METRO WORLD NEWS

Twitter

@pattonoswalt
Saw PACIFIC RIM earlier today. It's all right if you're into movies that are awesome and gut-punch you with brilliance.

@tyrabanks
So you know when you're in a bathtub and your fingers get all wrinkly and you're like why the heck do they do that

@MorganSpurlock
Hurray! We're #2! We're #2! America No Longer Most Obese! Congratulations! USA! USA!

Jennifer Lopez

What's the big deal anyways?

The revealing green Versace dress Jennifer Lopez wore at the 2000 Grammys has become the stuff of fashion legend, but Lopez herself remembers not getting what all the fuss was about.

"When I came onstage with David Duchovny, who was the biggest star in the world then, he said to the audience, 'Nobody is looking at me,'" Lopez recalls to W magazine. "When I went to my seat, I said, 'What's the big deal?!' (Then-boyfriend) Puffy and Benny (Medina, her manager) were waiting, and they said, 'You have to take pictures in that dress.'"

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Here comes the Suno

What a pretty pair. The CFDA winners fill us in on their plans for future success, their personal style and a summer in the city

TINA CHADHA
Metro World News

Erin Beatty and Max Osterweis, the friendly duo behind Suno, a brand that has charmed Anna Wintour and a slew of New York editors and bloggers, recently won the coveted 2013 CFDA Swarovski Award for emerging talent in womenswear. Maybe now they'll allow themselves to take a summer Friday or two off. We chat with the designers about their big win and summer plans.

Congrats on the recent win. How did you celebrate?
Erin: Max and I met up with his girlfriend Kate and my boyfriend Lex and we actually spent the night with the Creatures of the Wind going to the after parties.

Solange Knowles (above) and Hailee Steinfeld (bottom right) in Suno. GETTY IMAGES

Who was the first person you called when you won?
Erin: I didn't even have my phone at the awards ceremony.
Max: I emailed Erin's dad who shared the news with her family, and I emailed my parents and then social media took care of the rest.
Erin: It was totally unexpected. We were very thrilled to win and are very excited to try to live up to it.

What do you hope the award will do for the brand?
Erin: Hopefully, more than anything, it helps to increase brand recognition and encourage the stores that we're already in to place larger orders, and encourage the stores that we're not in to buy us. We definitely want to get back into Barney's.

How are you hoping to grow the company?
Erin: We know that we're going to want to dip into accessories sooner rather than later, it's just a matter of timing. Definitely cool bags and shoes. I mean we've always been interested in head-to-toe dressing.
Max: The number one question that we always get asked is when are we going to do men's? And we have no answer for that number one question.

What are your plans for the summer?
Max: Both of us are focusing on taking weekends off as much as we can. The first few years of Suno, none of us really took that much time off, including on the weekends, so I started taking my weekends pretty seriously last summer, and I think Erin's doing the same this year.
Erin: I actually rented a place in Germantown, N.Y. so I'm actually in the country.

What's an ideal summer day?
Erin: It's sitting down outside and reading.
Max: Spending time on my boat, fishing.

What are you reading this summer?
Erin: I just finished Freedom by Jonathan Franzen and now I'm reading Lit by Mary Karr.
Max: I just finished a 10-novel series: The Story of a Crime. It's the Martin Beck series — Swedish, socialists, detective novels from the '70s.

What summer looks are you loving right now?
Erin: I'm wearing embroidery all the time right now, cotton embroidery.
Max: My mom was just with me this past weekend, out in the country, and she insisted that we do a caftan for her.

Best way to beat the heat?
Max: Get in the water, whether it's a fire hydrant, or the ocean or the pool.

Style pick

Purchase a piece of punk fashion history

If Robin Hood and Johnny Rotten designed a shoe together, this would be it — with a lot of help from Vivienne Westwood. The Seditionaries boots are part of her limited edition Chaos collection, a tour of her career highlights from the 1970s till now. The boots, in their original green and tan color, are London incarnate — once worn by the Sex Pistols, designed by Westwood and Malcolm McLaren and manufactured in the capital itself.

KATHRYN GILBERT

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@Jeanne_Beker Finally back at my old gym! Feels like coming home. Here's to a summer of really shaping up! #letsgetphysical

- **@The_Obsessed:** share some inspiration Jeanne! For those of us who've been slacking on yoga & gym time #gymspiration #slackers
- **@Jeanne_Beker :** JUST DO IT!!! Xx

Intvw'ing my girl Bekky O'Neil @qualityslippers @TarragonTheatre for @EtalkCTV about her play Urge 4 Going #FringeTO

Potato curry in a hurry

"Aloo gobi, the Indian curry made with potatoes, cauliflower and spices, is a firm favourite in our household," writes Miriam Sorrell in her book Mouthwatering Vegan. "So I decided to create some fast burgers based loosely on that wonderful dish. If you like potato curry, you are going to love these. Serve with a simple salad of greens and cherry tomatoes on the side ... And slap on the ketchup!"

Ingredients

- 3 tbsp (45 ml) frozen peas
- 2 tbsp (30 ml) frozen corn
- 4 medium potatoes micro waved until soft, then peeled
- 1 tbsp (15 ml) vegan margarine
- about 1/4 cup (60 ml) non-dairy milk
- 1 1/2 tsp (7.5 ml) curry powder
- salt to taste
- 1 medium carrot, grated
- 1/2 onion
- 2 cloves garlic
- 4 mushrooms
- sprig of fresh mint
- sprig of fresh rosemary
- 2 tsp (10 ml) nutritional yeast
- 1 1/2 tbsp (22.5 ml) unbleached all-purpose flour
- olive oil

1. Place the peas and corn in a saucepan and cover with boiling water. Cook for a couple of minutes, then drain and set aside.

2. Meanwhile, in a medium bowl mash the microwaved potatoes. Add the margarine, milk, curry powder and salt. Bear in mind that the mash needs to be a fairly firm consistency.

3. In a food processor, process together the carrot, onion, garlic, mushrooms and herbs.

4. Add the ingredients from the food processor to the mashed potato mixture, together with the cooked peas and corn, nutritional yeast and flour. Stir well with a fork, taste and adjust seasoning if necessary.

Yummy Curried Potato Burgers

This recipe makes about eight burgers. MIRIAM SORRELL

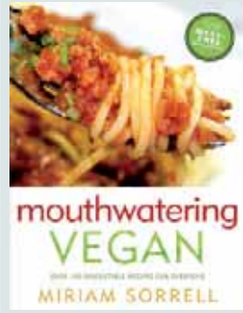
5. Heat a drizzle of olive oil in a nonstick frying pan set over medium heat. Spoon in dollops of the potato mixture. Cook for a few minutes, flattening very slightly with a spatula to make patty shapes, then gently flip. You may need to do this in batches, repeating with any remaining mixture, to make 8 burgers.

6. Serve on buns with your favourite burger fixings, or on their own with vegetables and salad. Reheat any leftovers in a hot oven—they may become mushy in the microwave.

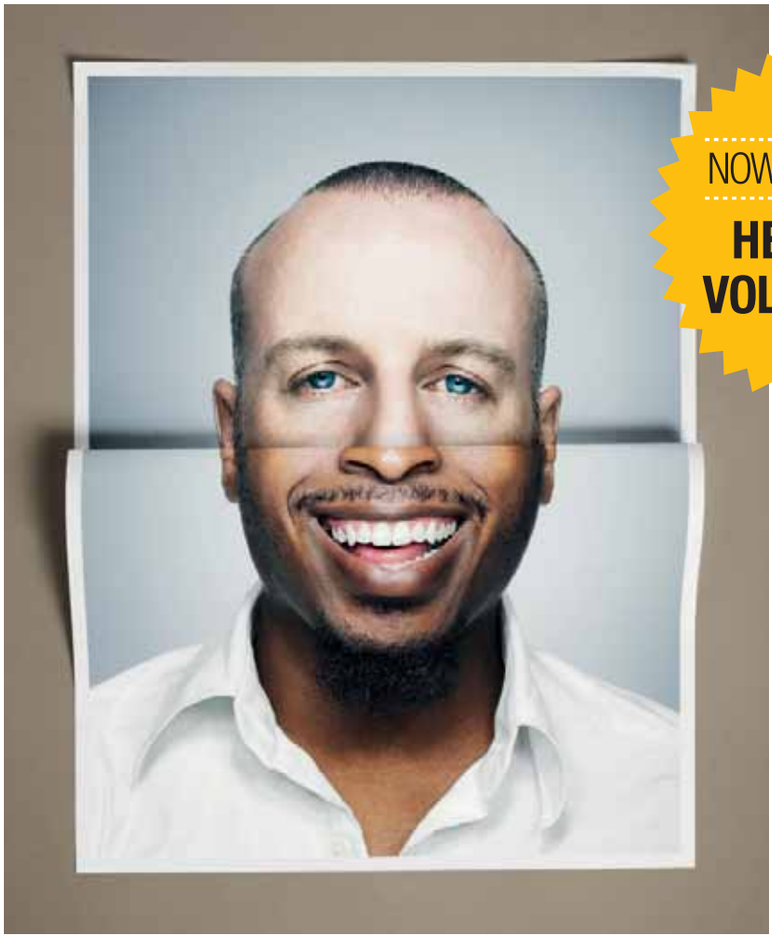
RECIPE ON THIS PAGE EXCERPTED FROM MOUTHWATERING VEGAN BY MIRIAM SORRELL. COPYRIGHT © 2013 MIRIAM SORRELL. EXCERPTED BY PERMISSION OF APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE CANADA, INC. ALL RIGHTS RESERVED.

Cookbook of the Week

Varied vegan eats



Going meat-, egg- and dairy-free isn't an easy feat but Miriam Sorrell's Mouthwatering Vegan makes it that much simpler — and delicious. With more than 150 recipes, Sorrell showcases how accessible, varied, nutritious and tasty vegan eating can be. The book covers everything from appetizers, soups and smoothies to main courses and desserts. Among the recipes are Shepherd's Pie, Red Bean Nut Burgers, Chili Con 'Carne' and more. METRO



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A panoramic view of the skyline with the two-storey SkyBridge. In celebration of Canada Day, two huge flags were hung from it. CONCORD ADEX

An engineering marvel high atop the Toronto skyline

CONDO TRENDS
Duncan McAllister
life@metronews.ca

The Toronto skyline was forever changed last year when Concord Adex and PCL Constructors Inc., began a sophisticated lifting process that connected a 130-foot-long, two-storey SkyBridge to the 38- and 43-storey Parade towers.

The SkyBridge is an engineering marvel and posed a number of technical challenges. According to Concord VP of development, Gabriel Leung, the two towers on both sides of the SkyBridge were designed as one project since day one.

"We were trying to do something very Cartesian, very pure form, so you notice that one tower is totally rectangular and one is totally round. They're very pure forms."

The lift began last June 25 at approximately 9 p.m. and was completed the next day at 11 a.m. The SkyBridge lift was an architectural accomplishment that Toronto has rarely seen and was the culmination of years of careful planning by some of the country's top architects, engineers, builders and suppliers.

After 14 hours, the SkyBridge was lifted from the ground level using the two Parade towers as the cranes and locked into its current position.

The team used a method called strand jacking, which involved hoisting the bridge up with wire cables and hydraulic jacks. This required the placement of huge steel beams in the mechanical penthouses of each tower that were pushed out of the top of the building and secured into place prior to the lift. The bridge was then lifted upward with cables just six feet away from both towers on either side.

Once completed, the SkyBridge will make Toronto home to two of the highest SkyBridge residences anywhere in the world.

It will also feature a common amenity bar and lounge with a glass floor that all Parade residents are welcome to enjoy. It offers breathtaking views of the Toronto skyline on the north side and Lake Ontario to the south side.

The SkyBridge connects the 38- and 43-storey Parade towers. CONCORD ADEX

Leung says the inspiration for the bridge came from a desire to create a common space for both buildings.

"We were thinking at that time, what can we do to provide some kind of linkage for this kind of pure form? Many, many schemes were tried out. Some of the earlier schemes were really quite crazy, and we decided after that maybe a simple link, a one-line expression would be an appropriate link."

In celebration of Canada Day, Concord Adex hung two huge 20-foot by 40-foot Canadian flags on the SkyBridge up over the long weekend.

Legal Matters

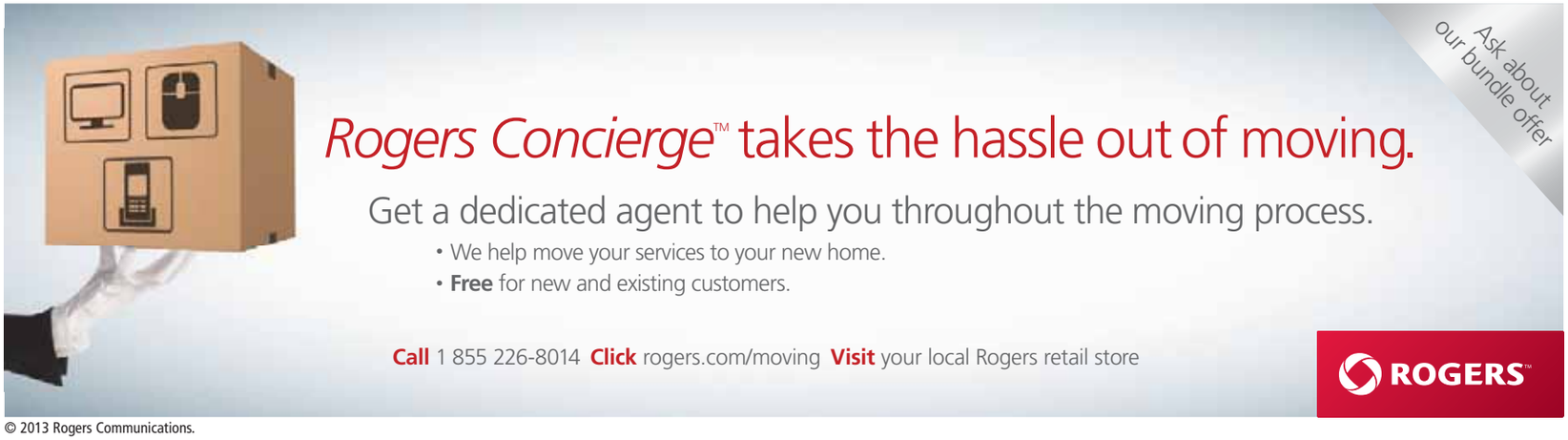
Right of way

We have purchased a cottage lot from the neighbour of the lot and want to get started on building a nice vacation home. However, it has come to our attention that the shared driveway is mostly on our neighbour's property. We obviously want to retain our rights to use the driveway for now and into the foreseeable future. I understand this may involve getting an order from the Committee of Adjustments. What is the process?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

You are entering a somewhat specialized area of real estate law and will require the services of a lawyer and probably a land surveyor. Basically, the planners in the municipality want to make sure that your right of way is properly registered on title and of course, you want to make sure of this also. Generally, the starting point is to get the property surveyed so you know where your driveway is located in relation to the lot lines. Then you may need a committee order allowing for the use of the land for a public driveway. Depending on the circumstances and the municipality, this may also require an R-Plan. These matters can become quite complex and you will need the help of an experienced lawyer to guide you through the necessary steps. However, once done properly, you will have saved your rights to use the mutual driveway for years to come.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website at cowanlaw.ca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Condo at the centre of area renewal

The Hub condo is 16 storeys at Eglinton West and Oakwood. SUBMITTED

Meet the condo

- **What.** The Hub
- **Builder.** Empire Communities
- **Location.** 1063 Eglinton Ave. W.
- **Website.** empirethehub.com
- **Pricing.** From the low-$200,000s

The project overview

With its uptown edge, this new residential development at Eglinton West and Oakwood is by award-winning Empire Communities. Featuring a 16-storey tower and seven townhomes, the project will play a key role in the area's entire renewal.

Location and transit

Travelling is a breeze with the new Eglinton Crosstown LRT stop right outside your door and the Eglinton West TTC subway station nearby. Drivers are close to the Allen Expressway and 401 highway, which gets you into the downtown core within a half hour.

In the neighbourhood

The Hub is close to world-class shopping and dining with nearby Yorkdale and Lawrence Square shopping centres. Enjoy the many restos, lounges and bars along Eglinton. Walk and bike the Cedarvale Park ravine.

Building amenities

Includes an exercise room with weight training equipment, cardio machines, yoga and Pilates area. There's a party room with kitchen and private dining area, entertainment space with card table and a flat screen TV fireplace and lounge with seating.

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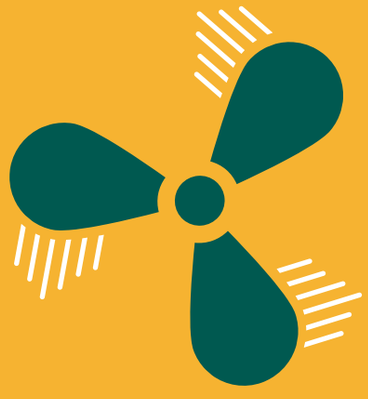

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Development charges remain an issue

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta and bildblogs.ca.

Development charges were the hottest industry topic last week before Mayor Rob Ford's Executive Committee voted to defer a decision on raising development charges until September.

Hours earlier, BILD Chair Steve Upton and Vice Chair Steve Deveaux went before the committee to make a passionate deputation on behalf of the industry and new home buyers. I'm not saying that this was a defining factor in the decision, but there's no doubt in my mind that the opinion of 1,400 BILD member companies was influential in the final outcome.

While it is no longer making headlines in Toronto, development charges are still an important subject in the GTA as municipalities across the region are looking at existing by-laws with plans to increase.

Development charges make up a considerable percentage of the cost of a new home — one that a builder cannot afford to absorb. As a result, this cost is passed on to the purchaser. This means that any increase to development charges will act as an extra tax on new homes, to be paid by new home buyers.

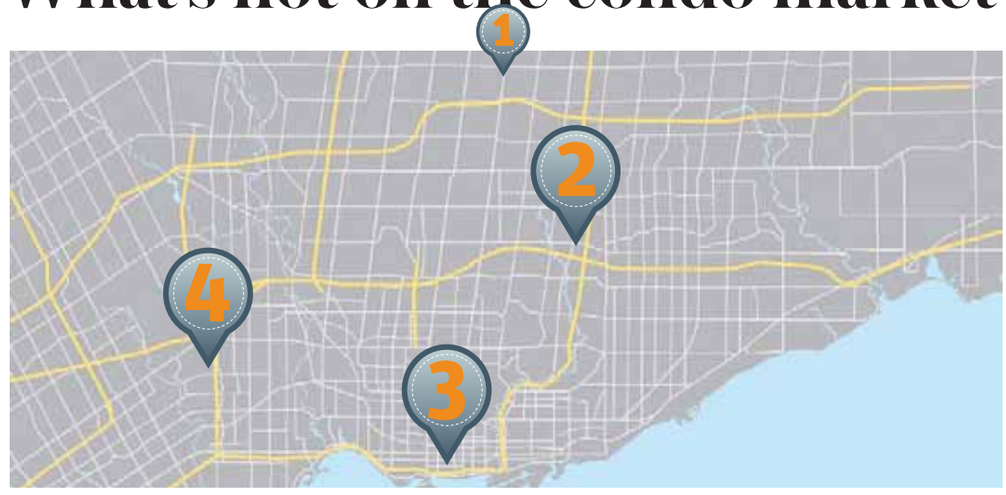
As Deveaux recently pointed out, today's market slowdown is similar to the one in 2009. The difference is that the 2009 slowdown was about consumer confidence. Today it's about affordability.

Unfortunately there is a misconception when it comes to new home sales in the GTA. While there are plenty of construction cranes across the region, they represent new high-rise homes sold two or even three years ago.

As of May 31, year-to-date sales in the GTA are the second lowest on record while the cost of a new home is at an all-time high.

If new, tougher development charge by-laws come into effect later this year, the owners of these new homes will be stuck with the bill — and if they can't afford it, then we have a serious problem.

What's hot on the condo market



1. Richmond Hill

Barbecue Event: Jefferson Forest freehold townhomes. Don't miss it at Yonge St. and Jefferson Forest Dr., Richmond Hill. July 13 from 12 to 3 p.m.

CONTACT: VISIT JEFFERSONFOREST.CA TO RSVP.

2. North York

Final Release: Dream Tower at Emerald City condos. Head on over to the sales centre at Sheppard Ave. E., and Don Mills, across from Fairview Mall.

CONTACT: CALL 416-492-0001 OR VISIT EMERALDCITYLIFE.CA

3. Downtown

Recently Released: The Pinnacle on Adelaide condominiums. Selection of one, one plus and two-bedroom suites.

CONTACT: VISIT THE SALES CENTRE AT 283 ADELAIDE ST. W. AT JOHN ST. CALL 416-596-1600 OR VISIT PINNACLEADELAIDE.CA

4. Etobicoke

Open House: Family-sized west end condo, spacious three-bedroom suite at 714 The West Mall Rd., July 13 and 14 from 1 to 4 p.m.

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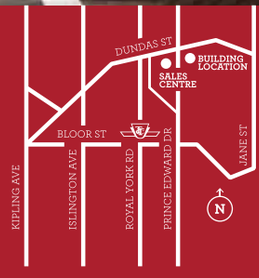

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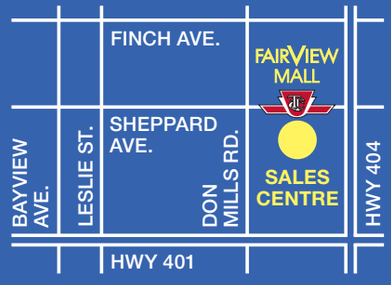

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Cool backyard umbrellas

So far this summer, my hand-held rain umbrella has already been given quite a workout. But whether it's for rain or sun, here's a gathering of well-designed outdoor umbrellas that will protect you while on the patio, balcony, backyard or beach.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Retro flair

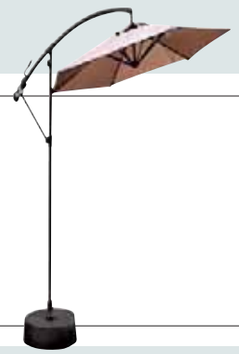
Add 1920's French nautical pizzazz to your patio or pool. Six-inch navy-and-white striped umbrella with wooden frame, $132, potterybarn.com.

Modern colour

Punchy colour helps to brighten up a grey city terrace. Nine-inch Apple Umbrella with eucalyptus frame, $423, crateandbarrel.com.

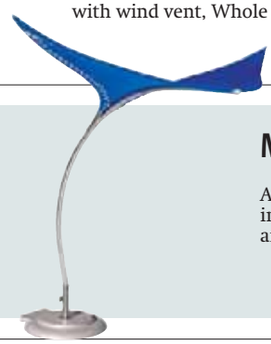
On the go shade

Have your shade whether rolling on the grass or at the beach. Portable Sport-Brella, $80, homehardware.ca.



Best value for style

Super-style and flexibility for the price. Nine-and-a-half-inch Tilt Market-Style Umbrella with wind vent, Whole Home, $80, sears.ca.



Millionaire's dream

A custom-designed way to look cool. Seven-by-10 inch Stingray Shade, $6,400 (plus base), andrewricharddesigns.com.

Keep in the car

Carry me to the beach for some sun protection. Lightweight Beach Umbrella, $13, canadiantire.ca.

A wine crate one day, a coffee table the next, and other DIY ideas

Salvage Dawgs chronicles the adventures of Mike Whiteside, left, and Robert Kulp. HANDOUT

FIND MORE TIPS FOR SALVAGING OLD FINDS ON SALVAGE DAWGS, TUESDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA

One man's treasure.

7 ways you can turn alcohol holders into something useful

Old wine crates can be found lying around the house, at your local liquor store or even at neighbourhood garage sales.

Before sending them to the landfill, consider a few do-it-yourself options to repurpose wine crates for household use.

1 Create a contemporary bookcase by painting each crate a different colour and stacking one on top of another.

Break up solid colours by using a stencil to create unique and fun patterns.

2 Enhance your outdoor patio with makeshift rustic seating options. It's as simple as just flipping over each crate so the flat surface is on top.

Chair pads can provide an option for more cushioned seating and come in a variety of shapes and colours.

3 Add a touch of spring to your kitchen or patio by creating a planter box for your favourite foliage.

Start by drilling a few holes into the bottom of the crate to allow for drainage, and then spray the crate with a waterproof seal.

Once the crate is dry, just flip it over, fill with potting soil and start planting. Wine crates are the ideal size for potted plants.

4 Add a textured, lofty accent to your bar or kitchen walls by using wine crates as wall tiles. Take each crate apart until you're left with flat boards, and then cover an entire wall with the tiles.

5 Wine crates don't just have to be used to store wine bottles.

Throw your household knickknacks into old crates, then stack and store away. Attaching wheels to each crate creates rolling storage for easy access and transportation.

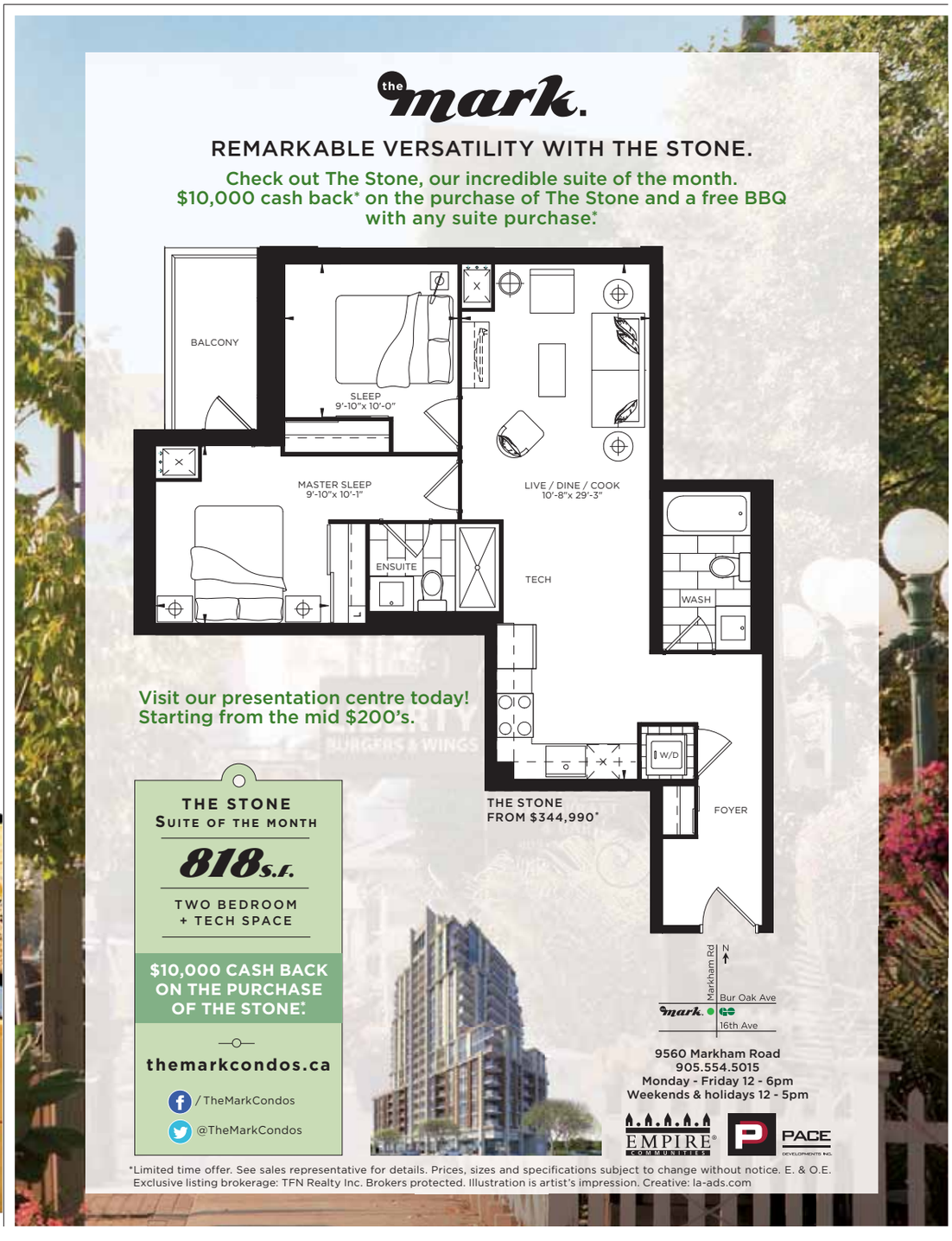
6 Running in and out of the house during summer parties in the backyard can track dirt inside.

Use a leftover wine crate as a shoe storage rack for your back patio to prevent unwanted messes inside the house.

7 Creating a coffee table out of a wine crate can be a cost-friendly way to add a rustic feel to your living room.

First stain or paint three or four crates and let them dry.

Then arrange the crates and create a frame using L brackets. Nail the crates to the frame, and enjoy your new DIY coffee table.



It's my party and I'll dust if I want to

Tips. What do you do when your house is in no condition to be seen by guests who are minutes away?

Summer is the season of inviting friends over for impromptu barbecues and last-minute, casual get-togethers.

On summer evenings, "my husband will invite people over after golf," says interior designer Mallory Mathison. "He'll call and say, 'We'll all be there in 30 minutes.'"

That's when she begins rushing around, quickly prepping their home for the soon-to-arrive guests.

What's the best way to use that half hour or so before the doorbell rings to get even the messiest home party-ready? Try breaking it down like this:

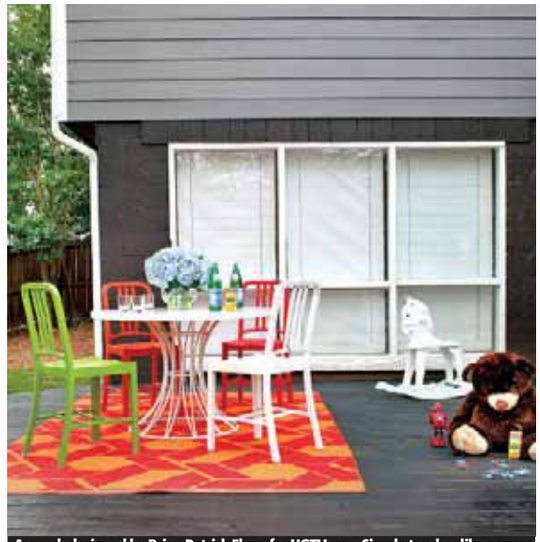
10 minutes of cleaning

"Most people don't mind clutter," says Evette Rios, a lifestyles blogger and a correspondent on ABC's The Chew. "But they mind grime."

So focus on wiping surfaces in your kitchen and bathrooms. Then grab an old sock or pair of pantyhose and use that to quickly dust surfaces in your living room and dining room.

Save time by only cleaning the rooms guests will enter, suggests Donna Smallin, founder of Unclutter.com. And don't feel obligated to give anyone a full-scale tour of your home.

Got dishes in the sink? There's no time to wash them, so Smallin suggests keeping an empty bin available for stashing dirty dishes under your sink. Or stash them in the oven, assuming you won't use it during the party. (Just be sure to pull them out and wash them the following morning.)



A porch designed by Brian Patrick Flynn for HGTV.com. Simple touches like a vase filled with a fresh cutting from your garden, shown here, can bring a party atmosphere to your deck or patio in minutes. THE ASSOCIATED PRESS/HGTV.COM

10 minutes of hiding clutter

Walk through all the rooms where guests will be and collect any clutter in an empty laundry basket, Smallin says. Stash the basket in a bedroom and close the door. If all that household clutter is collected in one place, it will be easier the next day to deal with it all and not lose track of anything.

Once major clutter has been removed, Smallin says, go through the rooms and stack remaining items neatly. Magazines look much better in a neat stack, for example, than in a messy pile.

Pay attention to your home's entryway, which makes a first impression, and to areas where guests will spend the most time.

10 minutes of finishing touches

Scenting your space is fast, easy and has a huge impact, says Rios. She suggests placing a drop of lemon-scented oil or vanilla extract on light bulbs, then turning them on. The warmth will spread the scent throughout your home.

Mathison suggests lighting a few candles for their scent and flickering party atmosphere.

Other ways to add a fresh scent: Rios likes to tuck scented fabric softener sheets (the kind made for use in a clothes dryer) underneath couch cushions or inside throw pillows. If you have a kitchen garbage disposal, she suggests dropping slices of lemon or lime into it and running it for just a moment.

Mathison recommends gathering a few small potted plants together in a basket or filling a basket with cuttings from your garden. It makes an instant centrepiece for a dining table, whether it includes flowers or just fresh greenery.

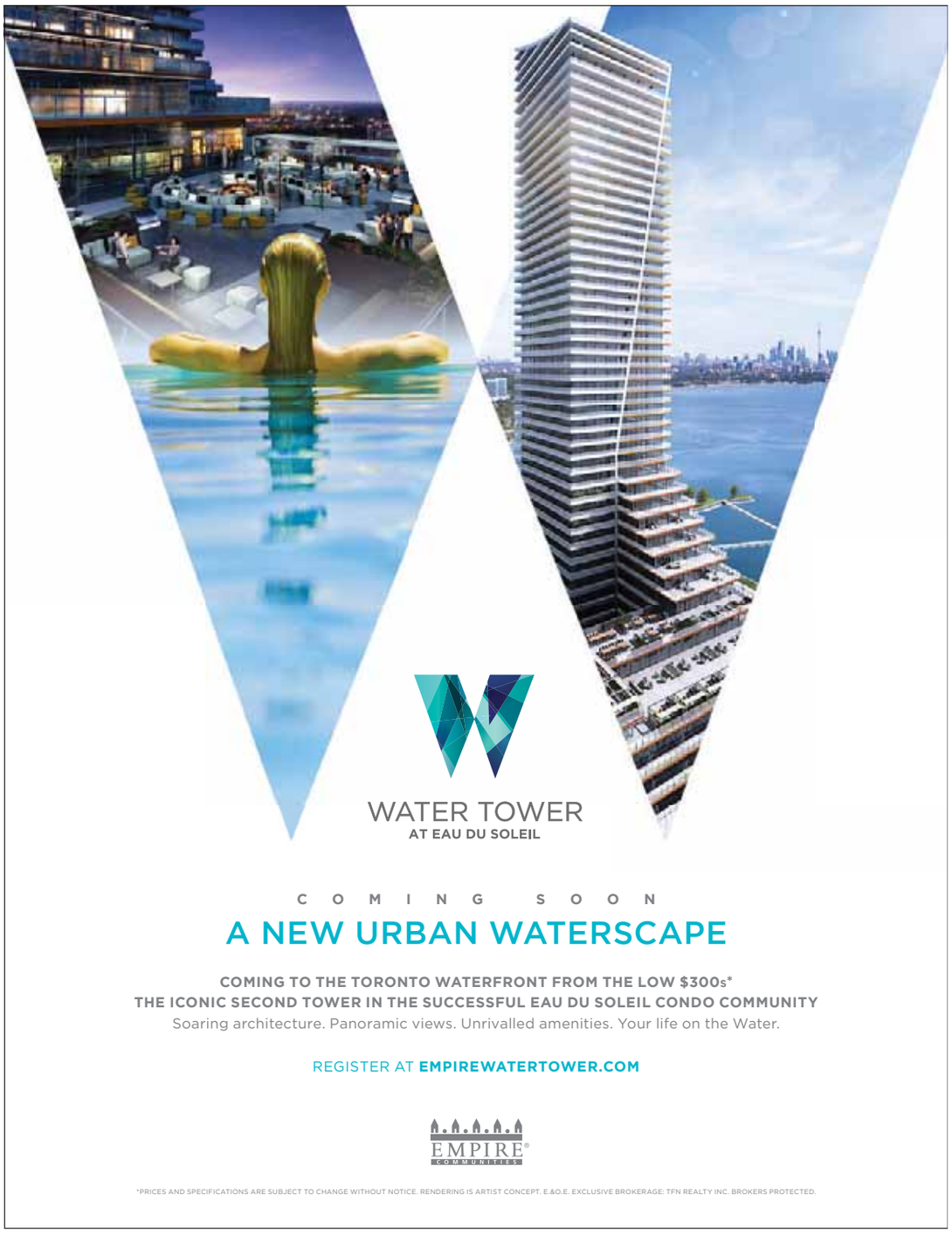
Then, scan your refrigerator and pantry for things to serve (if you haven't already sent a family member to the store). It's fine to be preparing and putting out food and drinks after your guests have arrived, but it's best to do the initial "what am I going to serve?" scrambling without an audience.

Mathison always keeps a few blocks of cheese and some thinly sliced prosciutto on hand, as well as a dessert that's ready to serve. She also suggests keeping extra drinks (bottled water, soft drinks, and wine or beer) on hand.

THE ASSOCIATED PRESS

Once guests arrive

- If entertaining outside is an option, usher guests outside quickly, Mathison says. It's much easier to de-clutter and clean up a patio or deck than to tidy up your whole house.
- Smallin suggests keeping a pretty basket filled all summer long with good-quality paper plates, plastic utensils and serving plates. When guests ask how they can help, ask them to carry the basket outside and set the table while you finish preparing food. Then, simply have fun.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Plant hormones can help cuttings take root

Gardening. It's all in the auxins — whether in natural, powder or liquid form

Take a look at new shoots growing on a favourite shrub or vine and you'll see that the bases of these shoots may be beginning to toughen up, their once soft, green outer layer turning brown and woody.

Such shoots, snipped from the mother plants as so-called half-woody cuttings, can be rooted to make new plants.

Cuttings made from shoots still soft and green are called softwood cuttings. Those cut from thoroughly woody, leafless shoots taken in winter are called hardwood cuttings.

Plant hormones, called auxins, play an important role in rooting any of these kinds of cuttings. Under natural conditions, auxins are produced in the buds and growing tips of plants, and are then carried down stems in decreasing concentrations. If you apply auxins directly to the bases of your cuttings, rooting can be hurried along, and you get an increase in the percentage of cuttings that root as well as the number and quality of roots that form.

Powders to help you root

Natural auxins, once extracted from a plant, decompose too quickly to be of practical use. But we can still use auxins by applying commercially available, synthetic ones, such as IBA and NAA, which are slower to degrade.

These synthetic rooting hormones are available either in liquid or powder form. Concentrations and combinations of auxins will vary with the manufacturer, with higher auxin concentrations generally used for more difficult-to-root species. Fungicides may be added to prevent cuttings from rotting.

Apply a powdered rooting hormone by dipping the base of a cutting into the powder, tapping it to shake off excess, and then sliding the cutting into a hole without brushing off the powder. Because varying amounts of powder might adhere to a cutting, rooting response to powdered hormone preparations is less consistent than it is to liquid ones.

Liquid rooting hormones also are more rapidly absorbed than powdered formulations. Merely soak the bases of cuttings in the liquid formulations. The soaking time required depends on the hormone concentration. Whether you use powders or liquids to promote rooting, pour only as much material as you need into a clean container, then discard that portion after use. Eventually, the materials do deteriorate.

An easy way to test whether a material is still good to use is to snip a leaf from a tomato plant, treat its base, then poke the base into moist sand or potting soil. If the preparation is still good, abundant roots will have formed after a couple of weeks.

THE ASSOCIATED PRESS

A rooted softwood cutting. LEE REICH/THE ASSOCIATED PRESS

Root cuttings

Technique matters

You don't have to go out and buy rooting hormone to root cuttings. Before commercial, synthetic auxins became available, some savvy gardeners would help rooting along by soaking cuttings in water in which stems of willow, an easy-to-root plant, had previously been soaked.

And rooting hormones, whether from a package or from willow stems, are not essential in propagation, nor do they perform magic. No need to use them for propagating willows, chrysanthemums and other species that are so easy to root. And don't waste your time trying to root stems from a mature apple or maple tree, or other plants that just do not root from conventional cuttings.

The ultimate size and vigour of a plant will be unaffected by whether or not hormones were applied during propagation. Rooting hormones also won't make up for poor propagation practices. You must still pay close attention to how you take a cutting, to the rooting medium you use, and to moisture, light and humidity.

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DE Foley fuelled by former friends, fans

The return to T.O.

Riders' recently acquired vet heading back to Hogtown to pick up Grey Cup ring and steal a W

Not long ago, redemption would've fuelled Ricky Foley when facing a former team.

But at age 31 and in his eighth CFL season, the defensive end says he's learned how to harness that energy and use it to his advantage.

Foley expects to experience a myriad of emotions Thursday night when the Saskatchewan Roughriders face the Toronto Argonauts at Rogers Centre. The six-foot-three, 258-pound Foley played three seasons with the Argos and helped the squad win a Grey Cup title last year before signing with the Riders as a free agent.

"If I was younger it probably might not have been the best thing," Foley said Wednesday. "I'm a vet now so I know how to control it but it's going to be emotional and I'm going to feed off that and play well."

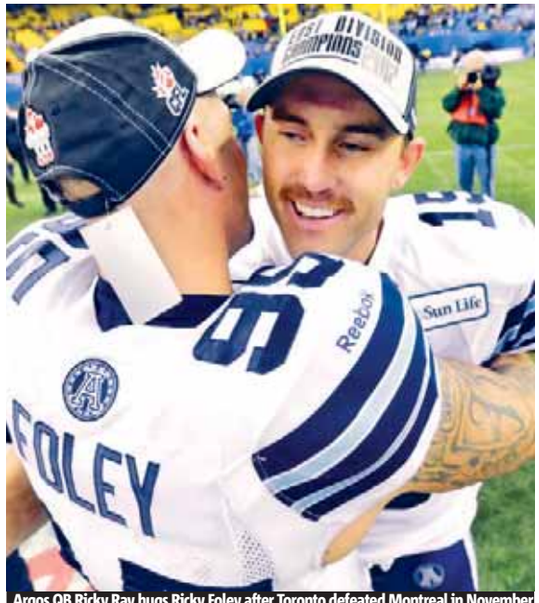
He'll be able to renew acquaintances with many of his former teammates and also receive his Grey Cup ring from Argos GM Jim Barker, who opted to present it to Foley personally.

The native of Courtice, Ont., was selected fourth overall by B.C. in 2006 out of York University. He was named the league's top Canadian in 2009 after posting 12 sacks before signing with Toronto as a free agent.

But Foley had just 10 sacks over three seasons in Toronto. Last year, he had 35 tackles and three sacks before adding four tackles and a sack in the Grey Cup to be named the game's top Canadian.

With Saskatchewan, he's being employed in a more traditional role coming off the edge, although he has four tackles but no sacks in two games this season.

THE CANADIAN PRESS



Argos QB Ricky Ray hugs Ricky Foley after Toronto defeated Montreal in November 2012 to advance to last year's Grey Cup. Foley is looking forward to an emotional return to Toronto after signing with the Riders. RICK MADONIK/TORSTAR NEWS SERVICE

NBA. Raptors GM Ujiri: 'We're going to be tough out'

New Raptor Steve Novak was introduced to the media in Toronto on Wednesday. TORSTAR NEWS SERVICE

Masai Ujiri wants to remake the image of the Toronto Raptors, and with the expected addition of physical power forward Tyler Hansbrough, it's easy to see what he has in mind.

It's all about toughness.

"I'm tired of all this, people come here and everybody calls the team soft or call the team pushovers or all the stupid names," Ujiri said Wednesday. "You come to Canada and you come to play. That's the identity we're trying to build here."

Tough talk

"We are in Canada and this is our team. We're going to be tough out there."

Raptors GM Masai Ujiri

The general manager's declaration came the same day the deal became official that sent centre Andrea Bargnani — known for his lackadaisical play — to the New York Knicks for shooter Steve Novak, Quentin Richardson, 39-year-old centre Marcus Camby and draft picks.

The hard-nosed Hansbrough is known for his all-out effort, and toughness around the rim. While Ujiri said the Raptors and Hansbrough had come to an agreement, he wouldn't confirm the deal was completely signed and sealed.

THE CANADIAN PRESS

MLS

Forlan no cure-all for ailing Toronto FC, Nelson says

While recent reports have linked Toronto FC to Uruguayan star Diego Forlan, Toronto manager Ryan Nelsen has his eye on several players.

Nelsen isn't saying if Forlan is one of them. But it seems clear that the rookie coach would not be upset if ownership dug deep into its wallet and the 34-year-old Uruguayan walked through the door.

Nelsen insists, however, that it makes little sense bringing in a marquee name if the team, currently sporting a 2-8-7 record, cannot support him properly.

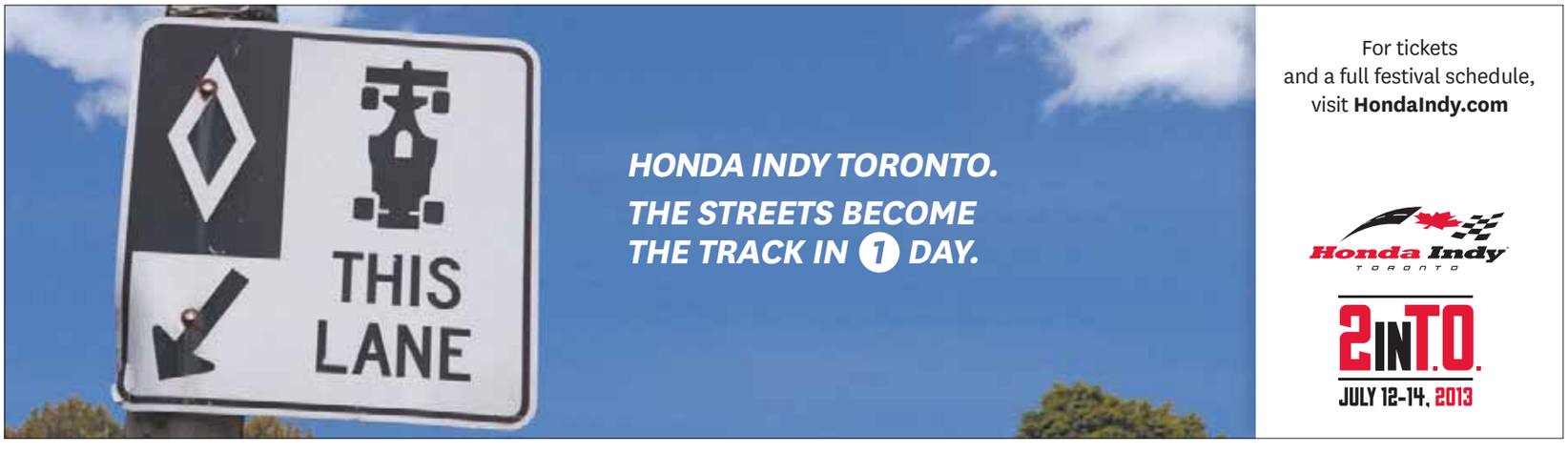
"Can our team handle a player of that calibre?" he asked Wednesday. "Because one player is not going to come in and all of a sudden you're going to win the league. It doesn't happen like that." THE CANADIAN PRESS

NHL

Rask reaps reward for strong play as Bruins' starter

Tuukka Rask turned an outstanding first season as the Boston Bruins' No. 1 goalie into a long-term commitment on Wednesday by signing an eight-year contract to stay with the Eastern Conference champions.

There was little doubt the restricted free agent would be back, especially after the Bruins cleared about $4.75 million in salary cap space sending Tyler Seguin to the Dallas Stars in a seven-player deal last Thursday. THE ASSOCIATED PRESS



Slow down, big fella — Leafs not rushing prospect to NHL

Frederik Gauthier.
Recent first-round pick from QMJHL considered a work in progress

Frederik Gauthier is a big man, but he won't be throwing his weight around in the NHL right away.

At 18 years old, the Toronto Maple Leafs consider the first-round pick very much a work in progress.

Gauthier won't have the pressure on him to reach the NHL fast because the six-foot-five, 214-pound centre has plenty to work on, starting with his skating.

"As he gets stronger, his skating will improve naturally," director of player development Jim Hughes said. "His explosion, his quickness, his power, his separation speed will all improve as he gets stronger. Even though he's big, he's still a boy, so give him two years and then he'll have that power."

Frederik Gauthier skates during Leafs prospect camp Wednesday.
CHRIS SO/TORSTAR NEWS SERVICE

Gauthier looks like a man among boys older than him this week at Leafs prospect camp. But the fact that Hughes expects Gauthier to be back here in two years speaks to the gradual expectations the organization has for him.

Hughes called Wednesday's scrimmage more good experience for Gauthier, whom the Leafs selected 21st over in last month's draft.

"He's young. He'll come back here in two years and he will be like a man-child," Hughes said. "You can see the size of him and the girth. He plays the whole rink, he plays 200 feet. These are just baby steps for him."

Gauthier is expected to return to the Rimouski Oceanic of the QMJHL next season, where he had 22 goals and 38 assists in 62 games as a 17-year-old. THE CANADIAN PRESS

Froome distancing himself from the pack

Chris Froome of Great Britain and Team Sky Procycling rides during the 11th stage of the Tour de France on Wednesday in Avranches, France. German rider Tony Martin won the stage while overall leader Froome was next to finish just 12 seconds back. Alejandro Valverde ranks second 3:25 behind Froome. BRYN LENNON/GETTY IMAGES

Tour de France

Fan doused me with urine: Cyclist

Mark Cavendish believes a roadside spectator sprayed him with urine during the Tour de France time trial on Wednesday, his team manager said.

Patrick Lefevere of Omega Pharma-Quick Step said the incident may have been linked to anger among some fans who claimed — unfairly in his view — that Cavendish intentionally bumped into Dutch rider Tom Veelers and caused him to crash in the final sprint a day earlier.

The team didn't know exactly where it happened on the 33-kilometre course to Mont-Saint-Michel on the Brittany coast.

At least one cycling aficionado suggested it was all part of the sport.

Lance Armstrong tweeted: "Why all the sudden shock and outrage. this has been happening for 100 years in some form or another." THE ASSOCIATED PRESS

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KEVIN TAYLOR
36 Fenwick Ave.
Toronto ON. M4K 3M3

KEVIN SPINDLOW
1201-49 Thorncliffe Park Dr.
Toronto ON. M4H 1J6

STEPHEN QUAMMIE
3904-85 Thorncliffe Park Dr.
Toronto ON. M4H 1L6

KEVIN BEST
1207-450 Walmar Dr.
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585 Mount Pleasant Road
Toronto ON. M4S 2M5

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PETER BASSEL
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Horoscopes

♈ Aries
March 21 - April 20
Take life at a more civilized pace today — well, civilized by your standards anyway. You don't have to work your fingers to the bone to make a good impression.

♉ Taurus
April 21 - May 21
You may be unenthusiastic about what you have to do but do it anyway and strive to do a good job. If you make an effort for other people now, they will be more inclined to make an effort for you later.

♊ Gemini
May 22 - June 21
You may need to lower your sights a little over the next 24 hours. It's good to aim high but according to the planets your current aims reside in a galaxy far, far away. Bring them back to Earth today.

♋ Cancer
June 22 - July 23
You know something your rivals don't and it can give you the edge to get ahead of the pack and stay ahead. But, knowledge is power only if you are prepared to use it.

♌ Leo
July 24 - Aug. 23
Others will talk you up today and you'll love every moment of it. But why are they so determined to make you look good? Are they just being friendly or is there a deeper motive?

♍ Virgo
Aug. 24 - Sept. 23
If there is someone you want to impress, all you have to do is open your mouth and tell them what you think. The fact that you do think, when so many in the world today do not, puts you at an advantage.

♎ Libra
Sept. 24 - Oct. 23
For some reason, you appear to believe that you have to work twice as hard and move twice as fast as your rivals. Don't put pressure on yourself when you don't have to.

♏ Scorpio
Oct. 24 - Nov. 22
You may not be the most forgiving member of the zodiac but you are smart enough to realize that an ongoing feud is a waste of time. Do what you have to do to heal the rift.

♐ Sagittarius
Nov. 23 - Dec. 21
You will be under pressure today and maybe of the kind that you are not naturally equipped to handle. Whatever happens, you must stay calm.

♑ Capricorn
Dec. 22 - Jan. 20
You are in a light-hearted and carefree mood at the moment. But a work colleague will seek to burst your bubble by making demands that cannot be met. Smile sweetly and tell them to forget it!

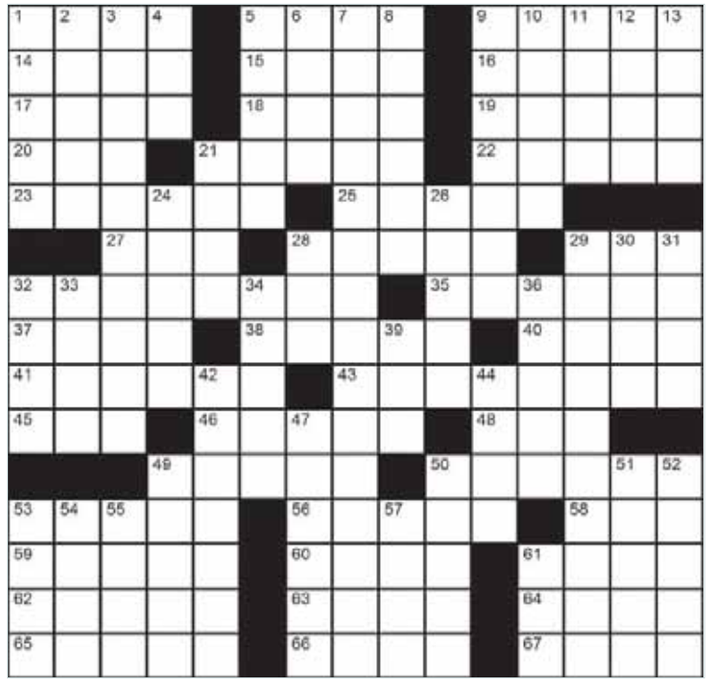
♒ Aquarius
Jan. 21 - Feb. 19
Minor problems are likely to have far-reaching consequences today. Think before you act and, if you are not sure which course of action is best, take no action at all. Come tomorrow, the problem will have resolved itself.

♓ Pisces
Feb. 20 - March 20
You have so much going for you now but you seem to believe that your life is falling apart. Stand back from your everyday worries and see the bigger picture. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

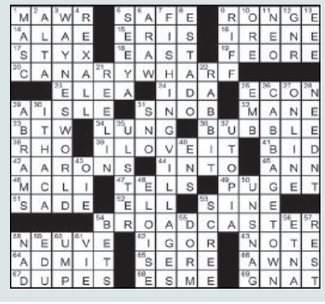
BY KELLY ANN BUCHANAN



Across
1. Pet rights org.
5. Profess
9. Mickey __
14. Shopping spot
15. __-_-Fella (Record label)
16. Ontario attraction, __ Canada Village
17. "__, __ and Away" by The 5th Dimension
18. Yesterday: French
19. Lovely parties
20. U-571, e.g.
21. Ms. McLachlan
22. Edith Wharton novel, Ethan __
23. Shakespeare's tragic character
25. Water wheel
27. Porridge particle
28. "Sounds like _ __!"
29. For
32. "Black Horse & The Cherry Tree" by KT __
35. Published
37. "That __ __ it should be."
38. Become knowledgeable
40. Olive genus
41. Crack
43. Montreal singer, Nikki __
45. Tokyo, once
46. Pirate's exclamation!
48. Diner offering
49. Super-__
50. Prophet
53. Plunge the potato chip again
56. "Sheesh!"
58. Did a marathon
59. Bar soap brand, __ Spring
60. Chaps
61. __ fide
62. Leonardo da __ (b.1452 - d.1519)
63. Concerning, office-style: 2 wds.
64. International oil gr.
65. Toronto __ Centre
66. Adam's abode
67. Library communication starter

Down
1. Informally flatten
2. __ New Guinea
3. Clothing retailer founded in 1985 in Toronto: 2 wds.
4. Swiss peak
5. Buddhist who has attained Nirvana
6. See: French
7. Nova Scotia's slogan, Canada's __ __
8. Artist Andy
9. "Echo Beach" by Martha and The __
10. Canadian __ Company
11. Capable of: 2 wds.
12. Feel
13. Gaelic
21. Cobblestone
24. Westerns prop
26. "The Office" star
Mr. Wilson
28. Bar drink
29. For example... beans, chick peas and lentils: 2 wds.
30. Be in need of Febreze
31. Singer/actress, Aubrey __
32. Sandcastle's swoosher
33. Pre-owned
34. _ __ of faith
36. Actress Ms. Vergara
39. Encouraging shout!
42. Manitoba city northwest of Winnipeg
44. Grand Ole __
47. Archie Comics character
49. Bee Gees genre
50. Mary-Kate or Ashley
51. Paths
52. Legislate
53. Tear apart
54. Suffix with 'Ranch'
55. Exertion
57. Ancient harp
61. Cyndi Lauper tune: "She __"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		3		2		6	
		6	5		4	3		
2								5
		9		1		8		
7								9
		4		5		1		
4								7
		3	4		7	2		
	1		8		9		4	

Yesterday's Sudoku

2	3	5	8	7	1	6	9	4
9	6	7	2	4	5	1	3	8
1	8	4	6	3	9	2	7	5
7	9	6	1	5	3	8	4	2
5	4	3	9	8	2	7	1	6
8	2	1	7	6	4	9	5	3
3	1	8	5	2	7	4	6	9
6	5	9	4	1	8	3	2	7
4	7	2	3	9	6	5	8	1

Today
24°/15°
Thundershowers
40%
Friday
25°/16°
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Check your local listings for details.
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2012 BEST NEW DESIGN
2012 BEST NEW SPORTS/ PERFORMANCE CAR (UNDER $50K)

Tech. model shown

HWY: 5.3L/100 KM
CITY: 7.5L/100 KM▼

2013 VELOSTER

SELLING PRICE: $20,730• VELOSTER 6-SPEED MANUAL.
$600 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

OWN IT FOR **$99** BI-WEEKLY | WITH **0%†** FINANCING FOR 96 MONTHS | INCLUDES **$600** IN PRICE ADJUSTMENTSΩ

NO MONEY DOWN

WELL EQUIPPED:

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- 7" TOUCHSCREEN MULTIMEDIA SYSTEM WITH REARVIEW CAMERA
- REAR PARKING ASSIST SYSTEM
- HEATED FRONT SEATS
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SiriusXM SATELLITE RADIO | Bluetooth | USB UNIVERSAL SERIAL BUS | 5 YEAR WARRANTY

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- 274 HP*
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SiriusXM SATELLITE RADIO | Bluetooth | USB UNIVERSAL SERIAL BUS | 5 YEAR WARRANTY

2013 GENESIS COUPE

SELLING PRICE: $28,200• GENESIS COUPE 2.0T 6-SPEED MANUAL.
FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

OWN IT FOR **$135** BI-WEEKLY | WITH **0%†** FINANCING FOR 96 MONTHS

NO MONEY DOWN

3.8L GT model shown

HWY: 6.6L/100 KM
CITY: 10.0L/100 KM▼

2013 CANADIAN UTILITY VEHICLE OF THE YEAR

Limited model shown

HWY: 6.7L/100 KM
CITY: 10.1L/100 KM▼

2013 SANTA FE 2.4L FWD

SELLING PRICE: $27,895• SANTA FE 2.4L FWD AUTO.
$500 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

OWN IT FOR **$145** BI-WEEKLY | WITH **1.99%†** FINANCING FOR 96 MONTHS | INCLUDES **$500** IN PRICE ADJUSTMENTSΩ

NO MONEY DOWN

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- 7 AIRBAGS
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5 YEAR WARRANTY

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5-year/100,000 km Powertrain Warranty
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